

## SEMINAR SCHEDULE

SEMINARS LOCATED INSIDE THE MESA ROOM (2<sup>nd</sup> Floor)

10:00 a.m.

### **“Feeling Tired, Run-down, losing your Hair, Can’t Lose Weight? Come find out why this happens and how to fix it.”**

Join us for an in-depth discussion about hypothyroidism which causes all these symptoms. What it can look like, feel like, how to test for it, and treatment options for men and women. I will also discuss the differences between how low thyroid function feels versus low adrenal function. Presenter: Dr. DeeAnn G. Saber, NMD is part of Wellness First!, a collaborative, holistic community of practitioners in Tucson, AZ, dedicated to personal integrity, professionalism, and service.

11:00 a.m.

### **Natural Face Lift Technique Demonstration and Fascia Release for Muscle Aches and Stiffness and Reducing Cellulite Demonstration.**

The treatment involves using our Secret Beauty Tool to stimulate collagen production, increase circulation, and detoxify your skin to lift and firm and tighten your face in your first treatment. By following our systematic process your skin regains its natural youthful elasticity. By using our secret Beauty Tool 3 times per week for 5 to 12 minutes you will get immediate facelift results and feel a sense of whole body wellness.

By using our freedom Tool and Fascia Release System, (FRS), not only will you be able to release muscular aches and stiffness, you will also be able to alleviate the appearance of cellulite in your thighs, arms, stomach, and chest area. Presenter:

Lynette Marie O Quinn is a Reiki Master, Ho’oponopono Practitioner, Magnified Healing Practitioner, Clinical Nutritionist, Energy Therapy Certified Teacher, and Practitioner of Gua Sha Face, Neck and Body Rejuvenation. Being born with the gift of Clairvoyance, she has used this ability to interpret the wellness of the body. She is an author and lecturer and offers Gua Sha certification Training, consultations and private sessions. Follow Lynette on Facebook at Anti-Aging Institute USA.

Noon

### **Situational Awareness and Personal Safety**

We explain how to Develop Situational Awareness while practicing techniques that make you a Hard Target, reducing your risk of becoming a victim. In this presentation learn how to be Safe and Protected using Personal Safety equipment and developing a Warrior Mind Set. We Need to 'Live by Choice, Not Chance', to avoid becoming an abuse, assault, or other type of violent injury statistic.

Debra Barnes has been practicing in the medical field as a Nurse, then Nurse Practitioner with over 41 years of medical experience total. Founder/Director of Life Protectors Foundation, a non-profit organization created to reduce the impact of personal violence injuries in our community. A National Speaker, Radio Host, Educator, Community Activist, Supporter against domestic violence, sexual assault and other violence against our community and Expert Personal Safety Instructor. Sponsor of the Safety equipment used in this presentation is Damsel in Defense.

1:00 p.m.

## **Facial and Leg Treatments**

If you have fluid retention in your ankles, swollen, sore, achy feet, orange peel look on your thighs and calves, then come see us and learn how to rid yourself of these unwanted conditions with our Sexy Leg Gua Sha Body Treatment and our special, scientifically backed Si Bian stone tool that you can do in home to create the Lovely legs you have wanted.

Presenter: Sheila Shelton-Resurgence

2:00 p.m.

## **Ballroom Dance For Total Wellness**

### **PHYSICAL HEALTH**

A *New England Journal of Medicine* report looked at adults for 21 years, and found that dance was one of the only activities that improved both cardiovascular fitness and reduced the risk of cognitive impairments like dementia.

### **MENTAL HEALTH**

Research has found that ballroom dancing improves mental acuity throughout a dancer's life – and that there are also substantial benefits to those who start ballroom dance as adults.

### **CONFIDENCE**

Every opportunity to dance – whether during a lesson or a social event, whether with your significant other or a new dance partner – will help improve your comfort level, confidence and communication skills on the dance floor.

### **SELF-EXPRESSION & CREATIVITY**

Ballroom dancing can be a wonderful creative outlet to enhance your ability to permanently use these expressive qualities even when you are not dancing, and to share that creativity with others.

### **STRESS & DEPRESSION**

Dance lessons provide an enjoyable escape from your normal daily routine, plus a chance to relax, relieve stress, and concentrate just on yourself. There's also a growing body of evidence to indicate that dancing has a positive effect on the treatment and prevention of depression.

### **SOCIAL FUN & FRIENDSHIP**

One of the best aspects of ballroom dancing is its ability to bring people together. Ballroom dance lessons offer you a great opportunity to expand your social circle, build connections and engage with people in a low-pressure environment, where there are no expectations.

Presenter: Wayne Corso, Owner Fred Astaire Dance Studio Tucson

3:00 p.m.

## **Head Lice – A Lousy Problem**

There are a lot of myths and misconceptions about head lice and how to best treat it. I hope to debunk some of those myths and let people know that lice are not as scary as they seem, just well adapted to our heads and our environment. We will go over some fun lice facts as well. I would love to also answer any questions about lice that the audience may have. Presenter: Rachael Dickison

Rachael has a bachelors in healthcare administration and is currently the manager at Lice Clinics of America - Tucson

