



Wellness Awakening Day
Saturday, June 13th
10am-5pm

<u>Time</u>	<u>Presenter</u>	<u>Subject</u>	<u>Room</u>
10-11am	Jocelyn Alvarez	Fall prevention and Balance	Silver Starlight
12pm-3pm	Miriam Corneli	Chair Massage	Sahara
10am-5pm	Kristin Levy	Hair, skin, nail, and color consults	Scissorhands Salon
10am-5pm	Jocelyn Alvarez	Balance Assessments	Press Room
11am-12pm	Linda Olsen Tamzon Feeney, D.O.	Change Your Brain, Change Your Life	Silver Starlight
11am-1pm	Debbie Widrick	Mini Health Assessments	BJK Fitness Center
10am-12pm	Coninyah Dew	Acupressure and herbal display	Capotes
12pm-1pm	Coninyah Dew	Acupuncture and it's impact on aging	Silver Starlight
12pm-3pm	Miriam Corneli	Chair Massage Sessions	Sahara
12pm-4pm	Miriam Corneli & Staff	Sei Mei Demonstration	Sahara
1pm-2pm	Debbie Widrick	Intro to Yoga and Pilates	Radclyffe Hall
2pm-3pm	Dan Mohr	Intro to Tai Chi	Radclyffe Hall
3pm-4pm	Frieda Gonzales	Injury Prevention	Oscar Wilde
4pm-5pm	Sandy Johnson	Functional Fitness: demonstration and exercises	Oscar Wilde

The Billie Jean King Spa and Fitness Center will offer smoothies and grab and go snacks for sale throughout the day.

