

Juneau Community Health Fair 2016

Schedule of Mini- Classes

No Registration – first come, first serve basis

Lines for blood draw should move swiftly as we had ample volunteers!
Please enjoy the classes! All class no longer than 30 minutes.

Kristin Mabry Owner and Teacher of Mountainside Wellness www.mountainsidewellness.com

E-RYT 500, ACE Group Fitness and Personal Trainer, Ayurvedic Lifestyle Counselor, MEM from Duke University in Resource Ecology, BS from Radford University in Environmental Studies. **Located upstairs in front of library**

9:30AM Planning for YOUR Fitness - spring and summer are coming! How do you get ready to be more active safely? Plan workouts into your weekly schedule NOW, so you can enjoy an injury-free, full-performance spring and summer this year!

10:00 AM Yoga for Stress Release - Simple techniques requiring no experience EVERYONE can do this gentle practice, and everyone feels better after it. Come as you are, no props or special clothing needed.

Annette Coyle Registered Dietician and Diabetes Educator, Cynthia Nickerson Registered Nurse and Diabetes Educator, both work at Bartlett Regional Hospital www.bartletthospital.org **Rm. C116 RED Corridor**

10:00 AM Pre-Diabetes Presentation: One in three Americans has prediabetes. Come learn about prediabetes and what you can do to prevent Type 2 diabetes.

11:00 AM Pre-Diabetes Presentation: One in three Americans has prediabetes. Come learn about prediabetes and what you can do to prevent Type 2 diabetes.

Gail Moorehead R.N. Bartlett Regional Hospital www.bartletthospital.org **Rm. C101 RED Corridor**

10:00 AM AHA Hands Only CPR (limited to 12 participants) No certification

10:30 AM AHA Hands Only CPR (limited to 12 participants) No certification

Dr. Birger Baastrap D.C. www.citycenterchiro.com **Rm. C101 RED Corridor**

11:00 AM The benefits of posture as it relates to your health.

11:30 AM What is health, what it is not, how to define it. What are the things you have control over and how you can affect your health. Different factors of health and suggestions on how to improve it.

Kristen Tromble Owner of Easeful Being and Access Consciousness® Certified Facilitator

Located upstairs in front of library

11:30 AM Introduction to Access Consciousness®: Learn tools you can use to change physical, mental and emotional dysfunction and create healthy, joyful living.