

Discover the of Wellness

Women's Wellness Seminar

Saturday, April 18, 2015

9:00 am -- 1:00 pm Program / Lunch / Door Prizes (8:30 am Registration)

Christ Lutheran Church

201 Frontage Road NW, Byron, MN

Free Will Offering ~ Nursery Available for Nominal Fee

Reservations: 507-775-6646 ~ Deadline: April 13, 2015

Grand Prize: Professional Painting of One Room by Prime Time Painting

See website for more information and door prize list: <http://www.clcbyron.org/>



“Care of Spirit” – Pastor Emily Carson (*SE MN ELCA Synod Director of Communication and Author of the weekly column “The Lady Pastor” in the Rochester Post Bulletin*) Pastor Emily will share the importance of caring for our spirit and the joy and peace that comes through it. She will conclude her presentation with a time for prayer and meditation accompanied by harpist Mary Schneekloth from Rochester, MN.



“Power of Resilience Thru Positive Thinking” – Habibo Hija, RN (*Author of “Conquering the Odds – Journey of a Shepherd Girl”*) Habibo was raised as a shepherd girl in Somalia and lived in the largest refugee camp in the world, Dadaab Kenya. She came to the US alone and illiterate with no understanding of American culture. Habibo will share her very moving story of overcoming great adversity and the power of positive thinking.



“Stress and the Effects of Stress” – Dr. Melissa Brennan (*Doctor of Chiropractic, Nutrition Response Testing Practitioner, Certified Acupuncturist*) Dr. Melissa will share her story of overcoming Lupus, discuss 3 types of stress, and offer solutions to handle stress in a natural way.

Wellness Booths

- ❖ **Author, Motivational Speaker:** Habibo Haji, RN
- ❖ **Blood Pressure Checks:** Sara Ayres, RN, Audrey Boysen, RN
- ❖ **Chiropractic, Nutrition Response Testing, Acupuncture, and Essential Oils:** Dr. Melissa Brennan - Brennan Family Chiropractic and Nutrition Center
- ❖ **Homemade Specialty Soaps and Lotions:** Leanna Larson
- ❖ **Massage Therapy, Hair Care, Facials, Makeup, and Waxing:** Kelly Bale, Kitsie Robinson, Meg Kuth, Wendy Oldendorf - Hair Games Etc.
- ❖ **Optometrist:** Dr. Wendy Schulz - Byron Eye Care
- ❖ **Physical Therapist, Personal Trainer:** Amber Jacobson
- ❖ **Wellness Coach:** Sue Briske - Spirit of Wellness LLC
- ❖ **Yoga:** Sara Atkinson - Breathe Yoga Studios (*Program will also include a taste of Yoga*)