

## **2011 Healthy Living Expo Classes and Workshops**

### **STAGE 1**

**11:00 a.m. – 12:00 p.m.**

**Nutrition for Performance, Your Diet Makes the Difference**

*ZOOM Performance*

Start to prepare your nutritional strategy for your next endurance event. Learn how to maximize your energy and fuel your body for optimal performance.

**12:30 p.m. – 1:30 p.m.**

**A Contemporary Look at Women's Health**

*Amy Niederhauser, MD FACOG, Obstetrician Gynecologist*

Come join us in discussing current women's health issues in an interactive format. Key topics will include preventative health and recent changes in screening recommendations, adolescent gynecology, pregnancy, perimenopause and menopause. Bring your questions and your enthusiasm to this open forum!

**2:00 p.m. – 3:00 p.m.**

**Why Does Design and Construction Matter to Health and Wellness?**

*Chaden Halfhill, Silent Rivers Design + Build*

This interactive presentation will highlight how good design and construction help maintain your health and well-being. Our homes should shelter, inspire and rejuvenate our families. Attendees will learn about effective indoor air quality and ways to improve the home's atmosphere. The discussion will look at material choices and how they impact family health, and some time will be spent looking at the physical - emotional interrelationship with home design and construction. We are sure you will learn something new during this discussion.

**3:30 p.m. – 4:30 p.m.**

**"Growing, Knowing, Sowing"**

*A panel presentation by Cowles Montessori*

Come attend this exciting panel: a teacher, a parent and an administrator from Cowles Montessori, as they share various initiatives undertaken together to foster healthy behavior and education at their school. Cowles received the Healthiest School Award in 2010 from the Iowa Wellness Council - come see why. Together you will learn easy steps on how to create effective programs at your own child's school.

### **STAGE 2**

**11:00 a.m. – 12:00 p.m.**

**Symptom Free After a Diagnosis - How to Get and Stay Healthy**

*Matt Connolly*

Learn about the 5 pillars of recovery from the personal experience of one who has schizophrenia. When families or persons are struck with the difficult situation of a mental illness diagnosis, there are 5 areas that require attention. Outside of these, insight from a person with a mental illness is the most important. If the person doesn't start to

understand their illness, then recovery will be very hard to attain. By understanding the symptoms, the individual can gain insight into how their brain operates differently. While this is happening, inpatient - then outpatient-hospitalization is usually necessary, as is psychiatric medicine, therapy and social work. The support of family, friends and community is the last piece that is vital, as all pillars need to be working together towards recovery.

**12:30 p.m. – 1:30 p.m.**

**Healthy Polk 2020: Creating a Healthy Community Movement**

*Chris McCarthy, Center for Healthy Communities*

Outcomes of this presentation will include understanding the concept of a healthy community, understanding what influences health and finally awareness of local efforts to create a healthy community.

**2:00 p.m. – 3:00 p.m.**

**Optimizing Personal Performance through VO2 Max Testing**

*ZOOM Performance*

To get the most out of your training or fitness plan, you need the right information. Discover new tools to test your body's unique profile by determining your resting metabolic rate and establish your proper training heart/power zones through VO2 max testing. Take the guess work out of your quest and learn how to find the path to success through effective testing and training options.

**3:30 p.m. – 4:30 p.m.**

**Try Something New - Come Learn About the Benefits of Barefoot Running**

*Iowa's Barefoot Runners Society*

Angie Bishop is president of Iowa's Barefoot Runners Society, a club of barefoot runners across the state. She will share how she came to barefoot running and how it has changed her personally. She will introduce you to the basics of barefoot running and where to get support, giving you the courage to take off your shoes on your next run.

**STAGE 3**

**10:30 a.m. – 11:00 a.m.**

**Awards and Honors, 1st Annual New Year's Resolution Skywalk Run / Walk**

Come recognize the participants in this year's inaugural Skywalk Run benefitting Special Olympics Iowa.

**12:30 p.m. – 1:30 p.m.**

**Complementary Meets Alternative Medicine - Yoga: Tap Into the Many Health Benefits**

*Bridget Ryan, The Family Tree*

People from all walks of life are discovering the physical, mental and spiritual benefits of stretching their muscles and breathing deeply. Research continues to prove how the body, mind and breath are all connected, as such, yoga is an effective complementary and alternative practice that proves positive health and wellness benefits again and again. Yoga instructor and massage educator Bridget B. Ryan will lead a small group demonstrations that will allow for audience participation. Be present to receive the many benefits of yoga and special offers for massage and bodywork.

**2:00 p.m. – 3:00 p.m.**

**Internal Power Development with Tai Chi**

*Jimmy Betts, Internal Martial Arts & Medical Qigong Instructor*

A wealth of health and longevity can be cultivated through energetic development exercises. These are excellent practices for body-workers, martial artists, energy therapists and anyone seeking a lifestyle of abundance and increased clarity.

Mountain Path Life Arts include mental affirmation exercises, physical movements with intentional breathing, pressure point-specific self-massage, static body postures and introspective quieting methods that are collectively practiced to create an exuberant state of existence.

Harnessing the power within one's mind-body-spiritual being is a great way to honor ourselves, discover personal life-balance and explore, more deeply, the world within and without.

**3:30 p.m. – 4:30 p.m.**

**3 Reasons You Should Get to Know Your Local Midwives before You Conceive**

*Cosette Boone, ARNP, CNM, Beyond Birth*

An interactive hour and frank conversations about well-women care, gynecological services and pre-natal planning, complete with all the nuances of midwifery services.

**5:00 p.m. – 6:00 p.m.**

**The Spirit of Drumming**

*Des Moines' Drummers*

Come enjoy the energy and passion of a drumming circle. Bring an instrument or yourself. Don't be afraid to dance the last hour of this year's expo as we celebrate this mid-winter event and all it has to offer.

### ALL DAY EVENT

**10:00 a.m. – 6:00 p.m.**

**Healthy Kids Zone**

Yes, indeed, we didn't forget the family! Come on by and enjoy time with your kids as they learn about healthy living while you watch the Des Moines Cycling Roller Race, watch yoga demonstrations or discover nutritional benefits of local food.

Bring your family!

Bring a friend!

Join the Fun!

