

**Child & Family  
Workshops**

**Room One**

**4:15pm Kids Yoga**

Yoga for children.  
Fun and healthy ways  
to create strength and  
balance.

*YogaSpace – Brookfield*

**5:15pm Infant &  
Child Massage**

Learn easy massage  
techniques to comfort  
and sooth your  
children to sleep

*Irene Mardal - LMT  
Take Time Relaxation  
Center – Bethel*

**6:15pm Self  
Hypnosis**

Learn simple  
techniques to help  
with anxiety, stress,  
studying & weight  
loss.

*Melanie Barnum  
Barnum Works*

**7:15pm Staying  
Healthy with Chinese  
Medicine**

Learn the importance  
of nutrition,  
herbology &  
supplements in  
Chinese medicine,  
free samples and  
dietary guidebook.

*Dr. Kenneth Hoffman  
Arcadia Health Center –  
Brookfield*

WED – MAY 2, 2007

**Room Two**

**5:15pm Brain Gym  
for all ages**

Learn “educational  
kinesiology”, this  
system improves  
learning, increases  
reading & math  
scores, supports  
behavioral  
management.

*Janet O. McDonald  
Learning Unlimited*

**6:15pm Caffeine  
Blues**

Learn about the highs  
and lows of sugar and  
caffeine – stop the  
cycle !

*Margaret McCanless &  
Colleen Martin*

**7:15pm Cyber Safety**

Learn about “cyber  
bullying” and ways to  
stop it.

*Denis Bouffard*

**Room Three**

**5:15pm Pediatric  
Nutrition**

Learn the importance  
of nutrition for infants  
and small children.

*Dr. Brian Applebee  
Family Chiropractic  
services specializing in  
Pediatrics & Pregnancy*

**6:15pm “What’s  
Healthy Eating?”**

Find out what and  
how to prepare for the  
family that is  
nutritious and easy.

*Ann Burns & Nina  
Stout – Holistic Health  
Counselors & PT*

**7:15pm Heal yourself  
with Energy Therapy**

Learn simple  
techniques to aid in  
pain & stress relief,  
mental clarity and the  
holistic concept of  
healing.

*Deana Logiudice – LMT*