



**Third Annual  
Connecticut Holistic  
Health Fair 2005**

at Western Connecticut State  
University

Saturday April 9, 1005

**10:00 AM – 5:00 PM**

**Berkshire Hall**

**Midtown Campus**

Admission: \$5.00 at the door. Students, Alumni, Teachers and Seniors Free

### **Workshops**

**10:30-11:45 Energization Movement with Michael Casko**

Through the use of soothing movement, deep breathing and powerful visualizations, this class provides healing techniques to soothe the nervous system & rejuvenate mind, body & spirit. Berkshire Rm 102

**10:30-11:45 Relaxation is Elementary by Irene Mardal**

Teach your children wellness - designed for parents and elementary grade teachers... children will learn breathing techniques, meditation, visualization and affirmations to create wellbeing and peace. Berkshire Rm 103

**12:00-1:15 Art of Belly Dancing with Karla Diamond**

Have fun while you shape up and increase your stamina, strength and self-esteem. Everyone is invited to dance and laugh. Berkshire Rm 102

**12:00-1:15 Acupuncture/Acupressure for Health and Wellness with Carole O'Toole**

Discover how Traditional Chinese Medicine balances energy for health and treats conditions e.g., back pain, fibromyalgia, and injuries by tapping into the 12 major meridians of the body. Berkshire Rm 103

**1:30 - 2:45 Creating Balance of Mind, Body, Spirit with Nancy Opgaard & Irene Mardal**

Find ways to create space for all the things that are important to you. Experience meditation, yoga, as well as fabulous tips for your daily life. Berkshire Rm 102

**1:30- 2:45 Top Ten Nutritional Factors You Must Know To Keep Healthy with Dr. Brian Applebee, DC**

This session is designed for those who have an interest in learning what they may be doing nutritionally to sabotage their health. Berkshire Rm 103

**3:00-4:15 Feng Shui with Denise Chicoine**

Learn simple feng shui, an ancient practice to expand our perception of who we are through greater awareness of our personal spaces. Berkshire Rm 102

**3:00-4:15 Ayurvedic Concept of Health and Wellness Dr. Amala Guha**, Director of Complementary & Alternative Supportive Care, U-CONN School of Medicine, discusses the world's oldest Health Berkshire Rm 103

**DIRECTIONS TO:  
Western CT State University  
(Midtown Campus)**

**From the West:**

Take Exit 5 off I-84 to first traffic light (Main Street). Turn right and continue on Main Street to White Street (fourth traffic light). Turn left on White Street and continue ½ mile. Make left onto Fifth Avenue. Turn right into campus parking lot. Park in Student/Visitor Parking lot on left side. Follow signs to Warner Hall or White Hall or Alumni Hall for specific events.

**From the East:**

Take Exit 5 off I-84 to first traffic light (Clapboard Ridge Road). Turn right and continue on (Clapboard Ridge will turn into Main Street) to White Street (fifth traffic light). Turn left on White Street and continue ½ mile. Make left turn onto Fifth Avenue. Turn right into campus parking lot. Park in Student/Visitor Parking lot on left side. Follow signs to Warner Hall or White Hall or Alumni Hall for specific events.

**For campus info: 1-877-837-WCSU**

**SPONSORS** to date for the CT Holistic Health Association Danbury Branch and The Institute for Holistic Health Studies at WestConn's 2004-05 monthly programs include **Topical BioMedics, Inc., WCSU Student Affairs, Associates in Kinleining, Inc., Waterbury Hospital, Webster Bank, LOTUS @ Waterbury Hospital and Take Time Relaxation Center®**