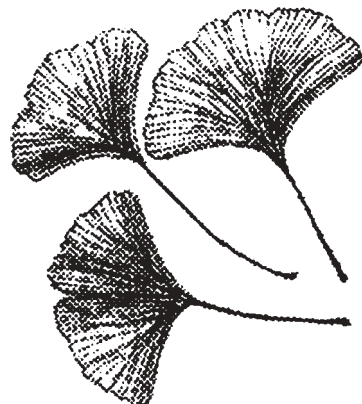


# QUINNIPIAC UNIVERSITY

Sponsored by Quinnipiac University and the Connecticut Holistic Health Association

## Creating Health Partnerships in 2004 and Beyond



**Saturday, February 28, 2004**

**10am-4 pm**

**Alumni Hall in the Student Center  
Quinnipiac University, Hamden, Conn.**

Join us for a day of holistic education and fun featuring more than 20 speakers and 40 practitioners of holistic health. There also will be opportunities for you to try some of these alternative health-care applications.

### Learn more about:

- Acupuncture
- Complementary and alternative medical education and research
- Chiropractic
- Energy healing (Reiki, Healing Touch)
- Fitness
- Holistic medicine (allopathic, homeopathic, naturopathic)
- Holistic nursing
- Integrative medicine in Connecticut
- Light and health
- Nutrition
- Occupational wellness (including ergonomics)
- Body-mind psychotherapy
- Sound and vibrational healing
- Sports medicine
- Stress management (breathing, relaxation, yoga)
- Traditional medicine (Ayurvedic, Chinese)

The health fair is free and open to health-care and business professionals, students, faculty, supporters of holistic health and the curious!

For more information about Quinnipiac University, visit [www.quinnipiac.edu](http://www.quinnipiac.edu)

For more information about the Connecticut Holistic Health Association, visit [www.cthha.org](http://www.cthha.org)

## More CHHA Branch Reports...

### The Danbury Branch

We have been very busy and productive to start our second year with CHHA. This November's speaker was Robert Moss, the expert in the field of conscious dreaming. The evening was very well attended and the book signing successful. In December, at our networking meeting, Joanne Marcinek spoke of the importance of the web in promoting your business. Many people were happy to have their questions answered by such a knowledgeable person. As a branch, we decided to have a notable speaker one month, and a networking meeting showcasing a member the other month. We will pick a business card of attendees of the previous meeting and call them with the next date of the networking meeting. Our next speaker will be Professor Lucille Kinlein who will speak about Holistic Health and bringing a new approach to maintaining good health. She will be speaking Monday, February 9, 2004 (snowdate Tuesday the 10th).

Networking begins at 6:30 followed by our speaker til 8:30pm. WestConn Midtown Campus - Warner Hall, 181 White St., Danbury.

March 2, 2004, Tuesday, we will have our speaker showcase and networking meeting at 6:30pm in Alumni Hall, also at the WestConn Midtown campus. Our Health Fair will be May 1, 2004 and planning has begun. Looking forward - Wanda Easter Burch author of "She Who Dreams" will speaking Tuesday, June 8, 2004. More information will be available as we near that date. All in all, we moving nicely along. Looking forward to the CHHA Holiday party and wishing everyone a lovely holiday season and a healthy new year.

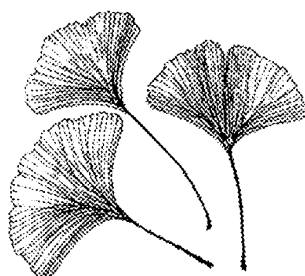
breathe peace - Irene

### The Southwest Branch

The SW Branch will be hosting a much needed and very informative Panel Discussion on Attention-Deficit Hyperactivity Disorder (ADHD) Tuesday, January 13<sup>th</sup> from 7- pm at Norwalk Community College. We are thrilled to have the leading holistic experts share their expertise with all of us. Members of the Panel are Rebecca Karchere, MS – a nutritionist focusing on the connection between nutrition and diseases of the nervous system, Bill Fuess, PhD – a licensed clinical psychologist specializing in health psychology and treating individuals experiencing anxiety, adjustment and stress related difficulties; Christina Shannon, ND – a naturopathic physician focusing on dietary modifications and food additives, food and environmental allergies; and Mark Goldenberg, DC, DABCN – Chiropractic Neurologist who will be discussing new brain based approaches to helping children with learning challenges Please spread the word!

Mark your calendars for some other FUN SW Branch events: There will be a cooking class on Wednesday, February 11<sup>th</sup> from 11:30 am – 1pm at Wild Oats in Westport with Laura Parisi. We will be hosting a Health Fair on Saturday, March 6<sup>th</sup> at Fairfield University. And in April, Amala Guha, PhD will be presenting an Ayurvedic lecture at the Greenwich YWCA.

Many thanks to all of you for your support as we grow this branch. We are all looking forward to a fruitful New Year!



*A Very Happy, Safe and Healthy New Year to All!*