wellEXPO
HEALTHY LIVING IN MADISON

JANUARY 28-29, 10 a.m.-4 p.m.
EXHIBITION HALL AT THE ALLIANT ENERGY CENTER

MADISON'S LARGEST HEALTH AND WELLNESS EXPO

100 Exhibitors • 25 Lectures • 6 Fitness Classes • Athletic Wear Fashion Show
Food Sampling • Cooking Demonstrations • Medical Screenings • Nutrition
Chair Massage • Alternative Health • Organic Food • Free Goody Bags

SATURDAY, JANUARY 28

10:45 – 11:30 A.M. • ROOM 1
Color Your Plate Healthy
Lisa Ashwill, St. Mary's Hospital

10:45 – 11:30 A.M. • ROOM 2
Discover a Non-Invasive Method for Reduction of Cellulite, Wrinkles and Scar Tissue
Gina Sorensen, Healthy Inspirations

10:45 – 11:30 A.M. • ROOM 3
Stop Making New Year's Resolutions, Start Living Healthy
Krista Kohls and Adam Thiel, Meriter

10:45 – 11:30 A.M. • MOVEMENT
BodyFit Movement Designed for Anywhere! *Laura Schuch*
BodyFit Solutions for Women by Women

11:00 A.M. • BOOTH #301
Meet Miss Madison Capitol City

11:30 A.M.• MAIN STAGE
Should I Go Gluten-Free?
Tracie Hittman

12:15 – 1:00 P.M. • ROOM 1
Exercise and Successful Aging
Curt Campbell, St. Mary's Hospital

12:15 – 1:00 P.M. • ROOM 2
Eating to Reduce Inflammation & Increase Energy
Dr. Dawn Cadwallader
Pro Health Chiropractic

12:15 – 1:00 P.M. • ROOM 3
Self-Care through the Healing Power of Traditional Chinese Medicine
Dr. Xiping Zhou
East West Massage School

12:15 – 1:00 P.M. • MOVEMENT
Zumba and Salsa Dancing
Deborah Gillitzer, Dance on Air

1:00 P.M. • MAIN STAGE
"Ask the Doctors" Panel
Local physicians will share their expertise and advice on a wide range of concerns.

1:45 – 2:30 P.M. • ROOM 2
Exerstrider Total Body Walking
Tom Rutlin, Exerstrider Products, Inc.

1:45 – 2:30 P.M. • ROOM 3
Avoiding Chronic Pain!
DaRae Coughlin,
Advanced Pain Management

1:45 – 2:30 P.M. • MOVEMENT
Hip Hop Hustle
Jeanne Kolker, Madison School and Community Recreation

2:15 – 3:00 P.M. • ROOM 1
Hope in Health and Healing
Dr. Lucille Marchand, St. Mary's Hospital

2:30 P.M. • MAIN STAGE
Gluten-Free Cooking Demonstration
Peter Robertson, RP's Pasta

SUNDAY, JANUARY 29

10:45 – 11:30 A.M. • ROOM 1
Cooking Demonstration: Preparing Quick & Healthy Meals in Minutes
Claire Doelger, The Pampered Chef

10:45 – 11:30 A.M. • ROOM 2
Chance, Choice or Genetics: Are We Victims or Creators?
Dr. Brian Wussow, Wussow Chiropractic

10:45 – 11:30 A.M. • ROOM 3
Ten Years Younger: Color Makeup Tips
Tobi Bolt, Mary Kay Cosmetics

10:45 – 11:30 A.M. • MOVEMENT
Yamuna Body Rolling
Laura Flanagan, The Chakra House

11:00 A.M. • BOOTH #301
Meet Bucky Badger

11:30 A.M. • MAIN STAGE
Fit Moms for Life
Dustin Maher

12:15 – 1:00 P.M. • ROOM 1
Are you one of the 85% wearing the wrong size bra?
Kathy Weslock, Essential Bodywear

12:15 – 1:00 P.M. • ROOM 2
How Imbalanced Hormones Affect a Woman's Weight
Dennis Kotnour and Caroline Anderson, Healthy Inspirations

12:15 – 1:00 P.M. • ROOM 3
Non-Medical Solutions to Sleep Better & Healthier
Marianne Guinee, Private Quarters

12:15 – 1:00 P.M. • MOVEMENT
Stretch Your Strength
Kathleen Conklin, PilateSpa

12:30 P.M. • MAIN STAGE
Athletic Wear Fashion Show
Jockey Person 2 Person

1:00 P.M. • MAIN STAGE
Keynote Speaker Charlotte Deleste
The morning co-anchor of WISC-TV will share her story of inspiration.

1:45 – 2:30 P.M. • ROOM 1
Avoid Years of Frustration & Failure in Your Home Based Business
Pat Swan, Mentoring for Free

1:45 – 2:30 P.M. • ROOM 2
Mouth, Heart, Health: Ways to Achieve Dental and Overall Wellness
Dr. Kaveh Ghaboussi
Madison Smile Solutions

1:45 – 2:30 P.M. • ROOM 3
Relieve Stress Quickly and Enjoy Life
Michael Glowacki , Capital Hypnosis

1:45 – 2:30 P.M. • MOVEMENT
Acupressure for a Good Night's Sleep *Cheri Haines, TIBIA*

2:30-3:15 P.M. • MAIN STAGE
Healthy, Simple Cooking for the Busy Professional
Jill Sullivan, Wildtree

FREE ADMISSION FOR OUR FANS!