

1 DAY. YOU-DAY.

There are 365 days in a year. Let's take one of them to focus on ourselves - just one day of respite from the overdose of nog and cookies. A day to talk less and listen more to ideas from leading thinkers in food and fitness. Enjoy hands-on workshops, freshly roasted coffee from Seattle, and local artfully crafted organic food. Welcome to a Weekend of Wellness.

FEATURING: ELAINE PACE



Elaine Pace is President of Sanoviv Medical Institute, a leader in progressive holistic medicine. As a Harvard graduate and former CEO of two non-profits, Elaine has led Sanoviv's vision of holistic health.

Elaine's philosophy is simple, "I believe that people need a refuge from environmental stressors and the opportunity to discover the root causes of their health challenges." Elaine is married to John and they have one college-bound daughter, Molly.



weekend *of*
wellness™

JANUARY 21ST

KROC CENTER • GREEN BAY

Tickets at

weekendofwellness.com

8:00 - 8:30

GREAT BEGINNINGS

Check in; Freshly Juiced Juice & Pressed Storyville Coffee

8:30 - 8:40

DEDICATION

Dedication with Beth Macco, mDiv, Northern Theological Seminary

8:40 - 9:00

WARM WELCOMES

Introduction from Suzan T. Macco, RN, CNHP, LDHS

9:00 - 9:30

SESSION PREVIEWS

Amber Sellers & Lisa Wolfe *Essential Oils*
Gail Okray *Jin Shin Jyutsu*
Paula Kiley *Paula's Pilates*
Jamie Graper *Kinesiotaping*
Sue Harju *Urban Frog*

9:30 - 9:45

BREAK

9:45 - 10:30

SPONSORS

Festival Foods & The Kroc Center

10:30 - 11:30

KEYNOTE!

Featuring Elaine Pace, President of Sanoviv Medical Institute, a leader in progressive holistic medicine. As a Harvard graduate and former CEO of two non-profits, Elaine has led Sanoviv's vision of holistic health.

11:30 - 12:30

LUNCH

Tickets at weekendofwellness.com

SCHEDULE AM



12:30 - 4:30

SESSIONS

Sessions will rotate with 10 minutes between each to allow for switching.

CHANGE YOUR OIL

The healing powers of therapeutic grade Essential Oils, a hands-on activity of mixing oils preparing a "flu shot in a bottle" as a take home gift!

BALANCING ACT

The Art of Jin Shin Jyutsu® (JSJ) helps the body return to a harmonious state and provides relief from physical and emotional conditions.

LET'S GET PHYSICAL

The STOTT Pilates Method, a contemporary approach to the original teachings of Joseph Pilates.

***Bring or wear comfortable clothing

HOLD IT

The art of Kinesiology taping using Rocktape, which is fantastic for treating common sports injuries as well as other ailments like neck, back, tennis elbow, & sciatica pain.

4:30 - 5:00

READY, SET, GO!

Suzan T. Macco RN, CNHP, LDHS

Tickets at weekendofwellness.com

SCHEDULE PM

