



THE
WELLNESS
SHOW

STAGE SCHEDULE CHANGES

Friday March 3, 2017

HEALTHY FAMILIES WORKSHOP STAGE

5:30 PM Keep It Simple with Sprouts!
with Chef Jen Peters, Founder Nextjen Gluten-Free

LIVING WELL STAGE

2:15 PM Eating Alive Program and Dealing with Hidden Head Injuries
with Dr. Jonn Matsen, Naturopathic Doctor

3:15 PM Brain Mapping & Brain Health
with Dr. Saeid Mushtagh, Naturopathic Doctor

Saturday March 4, 2017

HEALTHY FAMILIES WORKSHOP STAGE

12:45 PM Pasta Primavera the Entire Family Will Love
with Chef Alex Tung, Corporate Chef, La Grotta Del Formaggio

LIVING WELL STAGE

3:30 PM Eating Alive Program and Dealing with Hidden Head Injuries
with Dr. Jonn Matsen, Naturopathic Doctor

4:30 PM Brain Mapping & Brain Health
with Dr. Saeid Mushtagh, Naturopathic Doctor

Sunday March 5, 2017

HEALTHY FAMILIES WORKSHOP STAGE

2:45 PM Healthy Homemade Snacks
with Skylar Sinow, Co-founder, Kids Can Cook Gourmet

WOMEN & WELLNESS SEMINAR SERIES

4:00 PM Embrace the Body You Have
with Louise Green, Author & Plus-Size Trainer