

INTERACTIVE HEALTH & WELLNESS FAIR

JULY 23 & 24
SAT 9^{TO}4 & SUN 9^{TO}2

SAINT THOMAS MORE PARISH
11822 HOLMES ROAD KCMO 64131
WWW.STMKC.COM 816-942-2492

SCHEDULE

SATURDAY

FLANNAGAN HALL

9:00-10:00 Welcome and Valued-Benjamin Reinhart, Catholic Charities
10:15-11:00 Heart Attacks, Dr. Gerald Mancuso, St. Joseph Med. Center
11:15-12:00 Stroke, Dr. Luis Couchonnal, St. Joseph Med. Center

MORE HALL

9:00-10:15 Personalized Nutrition, Robyn Johnson-Elite PT
10:30-11:15 Exercise is Medicine, Laura Corbin RN and Personal Trainer
11:30 - 12:30 A Greater You-Exercises for those who work sedentary jobs, Jason Belz
1:00 - 2:00 Harmony and Health-Plant Based Nutrition, Jodie Fuentes
2:15-3:15 Art and Wellness, STM/Local Spiritual Directors

SUNDAY

FLANNAGAN HALL

9:00-11:00 Balance Assessment, Kyle Clemmons, Elisa Pomianek, Judi Purcell
11:30-12:30 Hypnotherapy, Kate Becker
3:00-5:00 Yoga and Meditation, Tom Jacobs, Timber Creek Resort

MORE HALL

9:00-10:00 Anxiety and Social Media Pressure, nurses and counselors from STA/STM
10:15-11:15 Personalized Nutrition, Robyn Johnson- Elite PT
11:30-12:30 A Greater You-Using Your Body as a Gym, Jason Belz
1:00-2:00 Back Pain Clinic, Biagio Mazza- Elite PT
2:15-3:15 Harmony and Health - Massage, Jodie Fuentes

BOOTHS

SAT&SUN FLANNAGAN HALL

Light Weigh/One King - Cheryl Willis
STM/Local Spiritual Directors - Renee Bhatia
Hypnotherapy Workshop - Kate Becker
Blood Pressure Checks - STM Parish Nurses
Curves - Joann Rangel
Energizing Mission - Healthy Smoothies
Essential Oils-Terri Flynn
Timberlake Care Center - Nancy Majors
Vision and Hearing Screening - Lions Club
Villa Ventura - Marcia Hines
Law Office of Aaron Love - Elder Law
Care Patrol - Kurt Lescher
Express Medical Transportation-Kristin Zade
KC Hospice House-Mary Zahner Bauer
Puberty/Health Classes - Jen Damiano
Senior Comforts-St. Joe Med. Center
Hands Only CPR-St. Joseph Med. Center
Kingswood Manor - Natalie Chism
Villa St. Frances - Sarah McEnerney
Catholic Community Hospice - Brent Doster
Fahey Case Management-Connie Fahey
Blue Bicycle-Jan Schmidt/Damaris Hernandez
The Pulse-Brandon Irwin/Curtis Smith
Martin City Telegraph - Kathy Feist
National Parkinson Foundation

