

2008 Cromwell Whole Health Expo

Jersey Room

9:00 am - Alan Bissonnette: Acai, the fruit that packs a punch!

Learn about the health benefits of drinking fruit blends containing phytonutrients, anti-oxidants, minerals and vitamins. The acai berry, one of the most potent sources of these nutrients, will be a key focus.

10:00 am - Barbara Hardie: Connect With Your Angels

Learn the key factors for opening a clear, direct line of communication with the Angel Kingdom, the major role they have in our lives, experience to connect with your Heavenly Helpers, and feel their energy.

11:00 am - Jeff Behr: Spiritual Purpose of Autism Who are these 'autistic' beings from a spiritual point of view? What can we do to support them so that they can reach their potentials? Discover what we can do for them and what they can do for us.

12:00 noon - William H. Kennedy: Mind Enhancement in the New Millennium Mind development expert William H. Kennedy will offer an overview of recent developments in memory improvement, brain growth, speed-reading and stress.

1:00 pm - Dr. Martin-Neville: How Your Beliefs & Personality Affect Your Physical Health

Your spiritual belief systems and your personality style impact your energy field, and by default your physical health. You will walk away from this seminar with a greater understanding of just how your fears, or tendency to rage, or to play sweet when you want to scream affects your life.

2:00 pm - Susan J. Wright: The Chakras in Shamanic Practice Explanation of to work with the Chakra centers to heal unresolved psychic wounds. She identifies 8 key developmental stages of life from birth to old age/death, linking each to Chakra. Each stage has developmental challenges and potential traumas to heal and transform.

3:00 pm - Trish Casimira: Reincarnation, Past Lives, and The Afterlife The soul takes a specific journey after death, into the spirit world where we review the life we just left and plan our next life. We meet our soul group and make contracts. Michael Newton's Life Between Lives Regression will also be discussed.

Kent Room

9:00 am - Jocelyne Colombe (Lebowitz): Busting loose from the Money Game!

Do you ever find yourself worried about having enough or running out of money? Discover this little game we have set up for ourselves. Learn to claim your power through emotions and win at the game of life. Let your eyes and mind open to claim what is yours!

10:00 am - Dan LaRosa: Train Your Brain-Live Your Dream

Would you like to be more self-confident? Get motivated? Quit smoking? Lose weight? Have more energy or reduce stress? All these goals are possible when you learn how to control your inner mind.

11:00 am - Janet Miller: Raising Your Vibration to Good Health & Joy Learn how working with the 5th dimension energies of Reconnective Healing(tm) opens you up to miraculous healing and feelings of well being.

12:00 noon - Melissa Gallagher: Seasonal affective disorder and natural remedies Learn about seasonal affective disorder, its symptoms, and various natural cures. Having experienced winter or seasonal depression, Melissa shares her journey and provides insight to make this winter a happier, healthier season.

1:00 pm - Aaron Hoopes: Breathing, Movement & Meditation In Daily Life.

This workshop is for anyone seeking to integrate healthy habits into their daily life. Focusing on the basic principles of Zen Yoga, it includes elements of yoga, tai chi, and qigong breathing. This workshop will allow you to feel the flow of energy through the body. Come as you are. Standing exercises only.

2:00 pm - Claire Vidich: Meditation; Connecting Body, Mind, Spirit

Explore the power and energy of the soul. Learn how we use it to transform our lives. The soul has rich qualities of wisdom, fearlessness, immortality, unconditional love, bliss and connectedness. This workshop will give you tools for personal transformation & spiritual awakening.

3:00 pm - Ron Goski: Magi Astrology – Intro to Planetary Geometry Maji Astrology reveals the latest breakthroughs in modern day astrology. The purpose of this worldwide society is to prove that astrology really works.

Fife Room

9:00 am - Lisl Meredith Huebner John Odium

Traditional Chinese Medicine This is your chance to ask questions about complex and ancient medicinal arts that can be utilized effectively in our modern world. Used alone, or as a CAM therapy, they are valuable tools for those faced with disease and for cultivating a healthy balance in life.

10:00 am - Priscilla Bengston: What's Your Body Really Telling You? Physical pain and postural misalignments can be caused by physical, emotional or spiritual factors. Explore your body alignment, daily habits and emotional triggers to see what may be the source of your iscomfort. Working with your energy centers, obtain a better understanding of your physical body, along with your BodyMind.

11:00 am - Ron Damico, Joan Emmons: Opening To Your Heart's Potential Beyond the logic and labels of healing modalities lives the heartwork that each of us is innately drawn to experience, to feel and express the core truth of who we are. Join us for the opportunity to experience opening to acceptance, gratitude, freedom, love and joy.

12:00 noon - Stuart Alpert, Naomi Lubin Alpert: The Soul of Psychotherapy Go beyond the intellect to uncover an inner dimension where Emotional Health and wellbeing reside. Experience how the psyche can evolve to higher states of consciousness and deeper levels of healing when we allow spirit to work through us.

1:00 pm - Luca Di Matteo: Living Without Conflict Imagine living a life in a world where choice was made from the heart. Envision expending energy to collaborate with others in unity and joy. Discover how to unify yourself and remove conflict from the equation of life and replace it with love.

2:00 pm - Carol Kelsey: Improve Your Health with Aromatherapy Carol will teach you how to pick the best essential oils for you. She will enlighten you as to how and why you must ensure that these essential oils truly meet the grade of therapeutic.

3:00 pm - Sara Miller: Move Better, Feel Better; The Alexander Technique. Do you want better posture and balance? Then come learn how the Alexander Technique can work for you!

Highland Room

9:00 am - Dan Overton: Eyology Learn about this noninvasive healthcare tool. A simple examination of your eyes can reveal birth predispositions that are your generic strengths and weaknesses, as well as your current levels of wellness.

Learning the basics of Eyology can assist you and/or your healthcare practitioner in making better informed decisions for yourself and your family.

10:00 am - Joe Belanger: Breast Cancer and Alzheimer's: "New" Treatment Options We may have more to "say" about our future health than we presently connect with. Joe will explain the musculoskeletal system's role in disease and health, as well as each person's role in their present and future health, specifically as it relates to (breast) cancer and Alzheimer's.

11:00 am - Nicole Lavoic: Everything Has Frequency Come learn how frequency affects every aspect of your life, from law of attraction to healing and restoring balance to your life.

12:00 noon - JoAnne Grabinski: Are you Ready to Organize? Join this interactive and fun discussion about getting organized. She will get you thinking about the organizing process and give you tips and suggestions. JoAnne offers guided visualization to start your project. Get ready to get organized.

1:00 pm - Liz Theodore: Let the Cuckoo Out Join the author of "Let the Cuckoo Out," and "Lily's Life Lessons" as she shows you how to break through conventional thinking to get at the heart of living a happy, peaceful purposeful life.

2:00 pm - Sandra Cloutier: Eating for Energy. Would you like to rival the energizer bunny -- going...going...going? This workshop can help you do that. Bring maximum energy into your life through the right choices of primary and secondary food. Learn what nutritional and lifestyle choices can keep you rmind and body functioning at their peak.

3:00 pm - Bob Morton: Past Lives, Dreams, & Soul Travel Discover how past lives, dreams, soul travel can connect you with your higher self. Learn how to use the techniques that can awaken your awareness as soul.