Help US, help YOU to Collaborate with your health and wellness resources at our Second:

“Spring into Self Care Health Fair”

Dalbrae Academy, Mabou, June 1st 5 – 9 pm

\*\*\*Please bring your own water bottle, yoga mat, and runners\*\*\*

Our event is FREE, and we are gratefully accepting donations to continue supporting our community health and wellness bulletin board at [www.invernesscountyhappenings.com](http://www.invernesscountyhappenings.com) and on Facebook.

**Schedule of Events:**

**5 – 5:30 Trade Show Opening** Register at the front table and begin your adventure – Fill out a ballot about Health Barriers then…check out the solutions to health barriers at our trade show booths.

**5:30 – 6:00 Speaker’s Corner:** (In the Alexander Doyle Public Library)

1. Dr Erin MacKenzie – “The Science Behind Mind/Body Medicine”
2. Dr Kristen Sutherland – “Making Stress Work for You”
3. Breagh Gilllis – “Self-Care Demo for Massage Therapy”

**6:00 – 6:15 From Barrier to Vision Opening Address:** (in the Gym) with organizers Jenny MacKenzie and Michelle Greenwell

**6:15 – 6:50 Movement Springboard:** ***Gentle Persuasion*** with Frances MacEachen with Gaelic Song, Tanya Levy with a special meditation, Natascha Polomski with Singing Bowls, Hapi Drum, Gongs and Koshi Chimes, Michelle Greenwell with Feet First System, Meridian Dance and Neurolymphatic Rub, Tai Chi Cape Breton with Tai Chi basics

**6:50 – 7:20 Step on It:** Michelle Greenwell with Jazz and Tap, Cheryl MacQuarrie with Steppercize

**7:20 – 7:45 Finding Focus:** Jenny MacKenzie with Yoga and Meditation, Natascha Polomski and Michelle Greenwell with Sound Bath)

**7:45 – 8:00 Rejuvenation with Refreshments:** (In the Trade Show area) Snacks provided by Inverness County Recreation, Brook Village Grocery, Tea with Intention and Arbonne (Cara Palmer)

**8:00 – 8:30 Speaker’s Corner:** (In the Alexander Doyle Public Library)

1. Natascha Polomski – “The barriers we create with our minds, opening our thoughts to new possibilities”
2. Cara Palmer – “Barriers to healing when movement is a challenge, the role of nutrition and healthy food choices”
3. Nadine Hunt – “Taking a new path, exploring the Trails in your neighborhood”

**8:30 – 9:00 Trade Show Closing –** Enjoy chatting and sharing with the trade booth presenters, then revisit the front table to complete your adventure. Fill out the solutions to health and wellness that appealed to you most from the evenings presentations. Safe home.

*Presentation thank you’s sponsored by Northern Inverness Community Health Board and the Central Inverness Community Health Board*