Holistic Health Fair
Tuesday, December 6, 2016
11AM to 2PM
Tilton Hall

Alternatives for Health Herbal Apothecary – Salli Greene

We are a retail store carrying organic bulk herbs, teas and bath products. We also have essential oils, herbal extracts and flower essences, homeopathy and other herbal health related products. Our goal is to educate people to care for their health naturally. We hold classes and have a library that the public is welcome to use in our classroom area. We teach people to make several products, one being Elderberry Elixir which is an immune booster to help keep you healthy during cold & flu season. We have a treatment room and several practitioners that work out of our shop: massage, reiki, teasel treatments, acupuncture, etc.

http://www.alternatives-4health.com/

Salli will be available during the fair to provide samples of some of the products she carries in her store. She will also be bringing products for purchase. ($$)

Bancroft School of Massage - Massage Therapists

Bancroft School of Massage will be available to provide faculty, staff, and students with chair massages during the Holistic Fair. Please sign up for a chair massage prior to December 6.

Faculty and Staff can sign up for a chair massage by emailing: cufit@clarku.edu.

Bhavna’s Wellness Group – Rebecca Resnik

Bhavna's Wellness Group is comprised of a group of holistic wellness practitioners. Bhavna founded the group to best serve our clients on the body, mind and spirit levels and work closely with each other to provide complimentary therapies as needed. Our services include: Reiki, a wide range of massage therapies, Ayurveda, acupuncture, adult and child counseling, meditation, yoga, retreats, workshops and more.

http://www.bhwellnessgroup.com/home

Demo: Bhavna and Rebecca will be available to provide you with more information about their wellness group. They will be bringing along a practitioner that will be offering Reiki sampling and a massage therapist.

Lunch Time Session: Bhavna will also be offering a Stress Management meditation session at lunch time. We ask that you please RSVP by emailing: cufit@clarku.edu.
Cycles of Change – Taylor Miller

*Cycles of Change* is Clark University's bicycle-themed student organization dedicated to promoting bicycling as a means of physical exercise, sustainable transportation, connection with the community, and recreation. Cycles maintains the University's bike share, a bike borrowing program available to Clark students and faculty, and holds open shop hours in our bike shop where we fix students' bikes and teach them bike maintenance skills.

[https://clarku.collegiatelink.net/organization/cyclesofchange](https://clarku.collegiatelink.net/organization/cyclesofchange)

*Cycles of Change will be available to speak more about their organization and talk with you about bike sharing and biking in Worcester.*

Clark Dining Services

We take great pride in the food and service we provide. We are committed to using only the freshest ingredients and cooking from-scratch. We believe in cooking for our students and the Clark community as we do for our own families – making dishes they love with a focus on nutrition and well-being. Clark Dining Services by Sodexo is a leader in sustainability. We continually work to reduce our impact on the environment. Clark Dining Services features Eco friendly paper products, local sourcing, the on campus Freight Farm, and much more.

[https://clarkdining.sodexomyway.com/](https://clarkdining.sodexomyway.com/)

*Clark Dining Services is proud to be a part of the Holistic fair and will present information on Sodexo’s Mindful healthy dining platform and key dining sustainability initiatives including information about the on campus Freight Farm.*

Crystalline Awaken - Tina

Crystalline Awaken offers a variety of treatments to naturally manage your health. These treatments include hypnosis (effective for anyone looking to change behavior, addictions, anxiety, weight loss, motivation, and confidence) floatation therapy (also known as isolation or deprivation therapy), polarity (works to balance energy, extremely relaxing and calming, and very effective for anyone with any trauma, life changes, or transitional phases of life), Digestive Analysis (an assessment of the health of the digestive system and the ability to assimilate nutrients as well as elimination), massage therapy, and two types of Yoga (Kundalini and Polarity).


*Tina will be able to speak more with you about the various treatments that are offered at Crystalline Awaken.*

**LUNCH TIME SESSION:** She has agreed to demonstrate yoga or hypnosis. If you are interested in attending a session on yoga or hypnosis, please RSVP: cufit@clarku.edu.
Eastern and Western Medical Center - Jadranka Perl

Jadranka Perl, L.Ac., Diplomate of Oriental Medicine, provides general acupuncture services and is also Chinese Herbal Medicine certified, treating a very wide range of conditions. She is the only greater Worcester area acupuncturist who is Sports Medicine Acupuncture certified. Additionally, she is certified in Skin Disorders and Facial Rejuvenation acupuncture. For those patients who cannot tolerate needles, she offers a variety of other techniques such as microcurrents, light therapy, and electrical stimulation of acupuncture points.

http://www.ewmc381.com/

DEMO: Jadranka will be providing sample treatments on the day of the fair. Please stop her table to learn more about acupuncture and all other treatment options that her medical center provides.

H2O Fit

Harriet is a Certified Water Fitness Instructor. She is committed to helping clients achieve their personal goals. Harriet current works as a Water Fitness Instructor and Personal Training at Paxton Tennis & Fitness, Assumption College, and NV Fitness. Harriet has over 12 years of experience providing fitness instruction for Special Needs.

Paxton Tennis & Fitness: http://paxtonsportscentre.com/www/

NV Fitness: http://www.nvyourbody.com/

Harriet will be available to provide more information to you about Water Fitness. If there is a high level of interest, Harriet has offered to teach Water Fitness in the Kneller beginning in the spring semester. Please feel free to stop by her table to let her know.

inBalance Chiropractic and Wellness – Kevin Gray

inBalance Chiropractic and Wellness' focus is on improving individual lives to become more active and vibrant. Our thorough approach involves chiropractic care, massage therapy, and lifestyle therapy to look at all aspects of how you live to bring you to optimal health. We believe in healing through movement, and providing movement that heals.

http://www.inbalancecw.com/

Kevin will be available to answer your questions and provide you more information about how chiropractic, massage, and Kinesiology can benefit your health.
Kung Fu & Tai Chi Academy of New England –
Sifu Gary Lachapelle & Sije Cheyenne Lachapelle

With over 25 years in martial arts, and over 10 years in Tai Chi training, Sifu Gary is a 3rd Level Black Sash and is the Owner/Instructor of the Academy. Sije Cheyenne, daughter of Sifu Gary, is a 1st Level Black Sash and junior instructor with 15 years of experience in Kung Fu. Sije Cheyenne is also a Clarkie! They pride themselves on teaching the old and extremely rare traditional Northern Long fist Style called Huaquan.

http://newenglandkungfu.com/

DEMO: Sifu Gary & Sije Cheyenne will be demonstrating different forms of Kung Fu and Tai Chi at the fair. Faculty, staff, and students are encouraged to participate in the demonstrations and learn more.

Nurture Wellness Natural - Adrienne Beaupre

Adrienne has a wellness practice in West Boylston which offers Massage Therapy & Nutrition Response Testing. Nutrition Response Testing uses reflexes to assess wellness barriers and nutritional deficiencies. It is a reliable way to determine the nutritional program, lifestyle and dietary changes needed to correct these imbalances through safe and natural means. Learn to feed your body precisely what it needs to get well and stay well.

http://www.nurturewellnessnatural.com/

DEMO: Adrienne will be available to meet with you at the fair and discuss any nutrition-related questions you may have for her. She will be demonstrating some of her work and will also be providing chair massage.

Psychic Medium – Kelle Sutliff

Kelle Sutliff is a Psychic Medium, Author and former Radio Show Host who has been a practicing Medium for over 15 years. She conducts private readings and consults as a psychic investigator using her expertise on missing person cases for Private Investigators, individual families and National Missing Persons Organizations.

http://psychicmediumkelle.com/

Kelle will be available to answer all of your questions on a one-on-one basis. She will also have copies of her book available for purchase. ($$)

LUNCH TIME SESSION: If you are interested, Kelle will be providing a 30-minute session entitled Psychic Ability and How It Is Used Today.
Pure Haven Essentials – Martha Odone

Just as most people have learned to read labels on the food they eat, we think it’s equally important to become ingredient detectives when choosing personal care and home products. Because it’s not only what you put IN your body, but what you put ON your body that can affect your health. Our products are produced in small batches in-house at our USDA Organic Certified manufacturing facility in Rhode Island. We select only the finest ingredients in offering you an extraordinary full line of personal care and home products that are safe, clean and effective.

www.PurelyMartha.com

Martha will be available to discuss the benefits of using Pure Haven Essentials products. She will also have some products available for purchase. ($$)

SwissJust USA- Kim Knesek

SwissJust is an 86 year old 3rd generation company from Switzerland currently sold in 35 countries. We offer 100% pure essential oils & naturally-based essential oil infused products. They help people increase their health and wellness, naturally.

www.swissjustusa.com/KimmieK

Kim will be available to educate you on aromatherapy and how SwissJust can help you reduce stress, pain and increase energy naturally. She will have products to sample as well as a selection of products available for purchase. ($$)