

Presenters

Topics will be covered by a variety of speakers who are all certified in their field. All are knowledgeable and will give you the opportunity to participate and experience health and wellness.

Keynote Speaker, Dr. Karen Lawson is the Director of Integrative Clinical Services at the University of MN. She is a physician, board-certified in both Family Medicine and Holistic Medicine. Dr. Lawson's complementary and alternative trainings have included meditation techniques, yoga, dance/movement therapies, nutrition, homeopathy, and mind/body medicine. Dr. Lawson is active in undergraduate and graduate medical education, collaborative clinical services, and integrated medicine research.

Lunch

Enjoy a nutritious and delicious lunch with dynamic national speaker Barbara Winter. Barbara is a holistic counselor with a Master's Degree in Transpersonal Psychology and over 25 years experience.

Gourmet Dinner with Wine



Healthy X Change
307 S. Farwell St. Suite 206
Eau Claire, WI. 54701



**Invites you to the
next generation of healthcare!
Finally! An affordable healthcare
plan for small businesses!**

- HXC Orientation
 - Presentations
 - Free Health Evaluations
 - Canoeing and Kayaking
 - Bicycle Riding
 - Yoga / Meditation
 - Demonstrations
 - Keynote Speaker
- Wining and Dining





Healthy X Change Health, Wellness,
Prevention, and Retirement Plans
New! for small businesses

Orientation

9:00 am

Healthy X Change
the key to
Better Health
Lower Cost



Keynote Speaker

Dr. Karen Lawson, MD, Director of Integrative Clinical Services at the University of Minnesota, will speak on Holistic Healthcare and Integrative Medicine.



Presentations



Homeopathy
Massage Therapy
Bio-feedback Evaluations
Physical Therapy
Healing Touch
Hypnotherapy
Reflexology
Cranial-Sacral Therapy
Insurance After 65

Activities



Canoeing the Chippewa
Bike Riding
Yoga for Beginners
Fitness Walking
Guided Meditation

Health Evaluation



Body composition,
Intra/extracellular water
Cholesterol
Total glucose
Other parameters
Sign-up online

There is no charge for participation in any activity, presentation, or health evaluation.

R.S.V.P.

Online

www.healthyxchange.com/healthfair

By Phone

888-200-0413

Mail-in Form

Name _____

Email _____

Phone _____

Company _____

Position _____

I am interested in attending:

- Health Evaluation
- Canoe Trip
- Bike Ride
- Yoga
- Fitness Walking
- Lunch with Speaker (\$5.00)
- Dinner with Wine (\$10.00)

- Payment Enclosed
- Electronic Payments accepted at www.paypal.com. Send to hxc@healthyxchange.com

Health Evaluations available to first 20 registrants only.

