



# CITY OF PLYMOUTH HEALTHY LIVING FAIR

## HEALTH PRESENTATIONS

TIME	TOPIC	PRESENTER	ROOM
1:20	Identifying the Underlying Cause of Disease	Dawn Swanson <i>New Dawn Health</i>	4
1:30	Sit Right for Your Type: <i>How to prevent back pain while sitting at your desk.</i>	Christa Niznik <i>Health Source Chiropractic of Plymouth</i>	1
1:40	How to Stay Young the first 100 years	The Brost Clinic	2
2:00	Sugar Blues: <i>How to Avoid Sugar Cravings</i>	Beth Schupanitz <i>Symmetry Nutritional</i>	4
2:20	How to decrease stress in everyday living <i>Reducing stress for a healthier lifestyle</i>	Dr. Krystle Lieberman, <i>Adv Medical of Twin Cities</i>	2
2:40	Smart Choices for a Healthier Lifestyle	Catherine Taylor, <i>Juice Plus+</i>	4
3:20	5 Simple Steps to Optimizing your Quality of Life	Pam Baker <i>Generation Endurance</i>	4

## FITNESS SAMPLERS *(ALL ARE LOW IMPACT)*

TIME	TOPIC	INSTRUCTOR	ROOM
1:40	Tai Chi for Health: Sun Style Tai Chi <i>A gentle exercise, that's easy to learn. Increases strength, flexibility, balance and more!</i>	Cindy Bergstrom	3
2:10	Laughter Yoga: <i>Laugh yourself healthy. Combine the powers of laughter and yoga breathing. No bendy poses or balancing - lots of benefits.</i>	YogaStudio	1
2:30	Kettle Bell	Roxanne Altmeyer	3
3:10	Mat Pilates: <i>Bring the benefits of a little recess &amp; pilates into each day - even when at a desk!</i>	Pilates MN	1

For more information, call 763-509-5200 or visit [www.plymouthmn.gov](http://www.plymouthmn.gov)