



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
2:00	Sugar Blues: <i>How to Avoid Sugar Cravings</i>	Beth Schupanitz <i>Inspiring Health</i>	2
2:40	Your Healthspan: <i>How to Live Longer and Healthier</i>	Dr. McGown <i>Park Nicollet Clinic</i>	4
3:10	How to Decrease Stress in Everyday Living	Dr. Krystle Lieberman <i>Advanced Medical of Twin Cities</i>	2

FITNESS SAMPLERS *(ALL ARE LOW IMPACT)*

TIME	TOPIC	INSTRUCTOR	ROOM
1:40	Desk Pilates	Angela Kneale	1
2:10	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
2:30	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
2:50	Learning to find your deep core connection	Pilates MN	3

For more information, call 763-509-5200 or visit www.plymouthmn.gov