



CITY OF PLYMOUTH HEALTHY LIVING FAIR

HEALTH PRESENTATIONS

TIME	TOPIC	PRESENTER	ROOM
1:20	How to decrease stress in everyday living <i>Reducing stress for a healthier lifestyle</i>	Dr. Krystle Lieberman, <i>Adv Medical Ctr of Twin Cities</i>	4
1:30	Sleep Disorders	Lori Rausch, <i>Whitney Sleep Center</i>	2
2:00	Concussion Awareness	Dr. Brian LaBine <i>Abbott Northwestern & Allina Health</i>	4
2:10	Against The Grain: <i>Celiac Disease And Gluten Intolerance</i>	Kristin Spencer, NP <i>Park Nicollet Clinic</i>	2
2:40	Healthy Spine 101	Tenner Guillaume, MD. <i>Twin Cities Spine Center</i>	4
2:50	The Easy Way to Kick the Sugar Habit	Beth Schupanitz <i>Inspiring Health</i>	2
3:20	Hot Mamas Don't Like Hot Flashes	Dr Lisa Ohman Erhard <i>Minnesota Gynecology & Aesthetics</i>	4
3:30	How to Stay Young the First 100 Years	<i>The Brost Clinic</i>	2

FITNESS SAMPLERS *(ALL ARE LOW IMPACT)*

TIME	TOPIC	INSTRUCTOR	ROOM
1:50	Nordic Walking: <i>Fun & easy activity to share with friends. Adding poles turns your walk into a total body workout.</i>	Linda Lemke, <i>Plymouth Parks & Recreation</i>	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>	Jim Hall & Teresa Thour <i>YogaStudio</i>	3
3:10	Body Shop: <i>Use your body weight and no equipment to achieve a total body workout. Target upper and lower body as well as abdominal muscles.</i>	Andrea Eilertson <i>SaFire Training</i>	3

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