

REGISTRATION

Alternative Health Adventure

Saturday, March 13, 2010, 8:30 am – 2:00 pm

NAME(S): _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Free Child Care _____ # of children

Cost of Event (includes lunch and keynote speaker)

\$25 per person before March 8; \$30 after March 8

Choose three of the following five options:

___ **Intro to Reflexology**

___ **Aromatherapy Using Therapeutic Essential Oils**

___ **Using Plants as Our Medicines**

___ **Intro To Chiropractic and Acupuncture**

___ **Reiki**

Return this form along with your check for \$25 to Bob O'Connell at Arvada UMC,
6750 Carr Street, 80004, before March 8, 2010.

Note Alternative Health Adventure on the check.

Bob can be reached at 303-431-6005

ON THE HORIZON

A T A R V A D A U M C

presents an
**alternative
health
adventure**

Exploring alternative
modalities for mental,
physical, & spiritual
well being.

Saturday, March 13, 2010

8:30 am – 2:00 pm

Arvada
United Methodist Church

6750 Carr Street • Arvada, CO 80004

303.421.5135

www.arvadaumc.org

SCHEDULE

8:30–9:00 AM

Registration

Coffee/tea/fruit/bagels

9:00–9:20 AM

Gathering/Centering

9:30–10:20 AM (Choose one)

1. Using Plants as our Medicines

2. Intro to Chiropractic and Acupuncture

3. Reiki

10:30–11:20 AM (Choose one)

1. Using Plants as our Medicines

2. Intro to Chiropractic and Acupuncture

3. Intro to Reflexology

11:30–12:45 PM Lunch & Keynote Speaker

Dr. LeAnn Jons-Cox

Tools for Health and Wellness

12:45–1:35 PM (Choose one)

1. Aromatherapy Using

Therapeutic Essential Oils

2. Reiki

3. Intro to Reflexology

1:45–2:00 PM

Evaluations

Closing

Marsha R. Clark has been a massage therapist in private practice since 1980. Her work is holistically and patient partnership based, emphasizing our bodies; participation in moving us into wholeness and awareness. Her specialties include chronic pain, auto immune diseases, fibromyalgia, post traumatic stress, grief, and energy work. Marsha has taught and written text material for multiple classes including *Mapping Emotions through the Body*, *Living with Chronic Pain*, and *Colors of Life—An Enneagram Perspective*.

Marsha will lead us in our time of **Gathering and Centering**

Laura DiNardo provides alternative health care, specializing in women's issues and pure herbal products formulated directly from locally grown and wild harvested plants. Using plants as our medicine reconnects us with nature and the earth and restores the delicate equilibrium of our bodies, minds, and spirits. Since 2000, she offers a complete holistic approach based on intuition and listening to your own body. By dealing with the core imbalances in our lives in a loving and gentle manner, we can return to a life filled with vitality and joy.

In her presentation, **Using Plants as our Medicines** participants will discuss a few different herbs that can be used for general health and well being. She will offer an opportunity to prepare an herbal infusion vs. herbal tea, as well as a taste test.

Dr. Ryan Diebold graduated magna cum laude from Cleveland Chiropractic College in 2002. He earned his fellowship from the Acupuncture Society of America in 2005. Dr. Diebold has been in practice in Arvada since 2004. He specializes in gentle low force chiropractic adjusting techniques and auriculotherapy. This unique combination of chiropractic and acupuncture treatment allows Dr. Diebold to treat a variety of conditions ranging in all ages from newborns to seniors.

In his presentation, **Introduction to Chiropractic and Acupuncture**, participants will learn how chiropractic and acupuncture maximize and maintain health by removing interference in the spine and acupuncture meridians. These natural, safe forms of healthcare can treat or manage over 2000 health conditions.

Colleen Laine graduated from Boulder School of Massage in 1988. She is a Certified Neuromuscular Massage Therapist, Certified Reflexologist, Muscle Activation Technique Specialist. She works with Manual Lymph

Drainage, Myofacial Release, Electrical Therapeutic Point Stimulator, and Essential oils. Colleen also works with subtle energies, using Reiki, Pranic Healing, and Re-Connection. She has a private practice in the Highlands and West Denver areas.

In her presentation, **An Introduction to Reflexology**, participants will learn about application of pressure on reflexes on the foot, hands, or ears which can relieve tension, improve circulation, and help promote the natural function of the related areas of the body. We will learn how to read the charts and learn a basic technique in order to help ourselves.

Bob O'Connell has been practicing various energy techniques for approximately ten years. As a Reiki Master, he has been working with cancer patients through the LifeSpark Cancer Resources for 6 years. He has worked with Donna Eden's energy medicine techniques as well as the Emotional Freedom Technique (EFT) developed by Gary Craig. As a martial arts practitioner for 17 years, he holds black belts in Kempo, Jujitsu and Eagle Claw. His interest in energy work developed during his practice of martial arts, which introduced him to the concept of "chi" on internal energy. Bob has a Reconnection Healing Practice in Arvada.

In his presentation, **Reiki**, participants will learn about universal life force energy and how this healing modality can be used on animals, plants, or directed to Mother Earth. Expect to learn some basic hand positions that can be used on oneself and others.

Barbara Salage is a certified massage therapist, certified healing touch practitioner, and a certified clinical aromatherapist. She has lived a natural lifestyle since the age of 16, and has had an office space in Arvada since 1998 where she offers massage and aromatherapy treatments, as well as hot stone and raindrop techniques. She is also on faculty at the Colorado School of Healing Arts in Lakewood.

Barbara's presentation, **Aromatherapy Using therapeutic Essential Oils**, will use the Oils as complementary approaches to health. Class members will learn about Oils in the Bible and their medicinal uses. You will learn to use the oils to enhance your health and well being. Essential Oils have been used throughout time dating back to 4500 B.C. In modern days, research shows that pure essential oils are very beneficial to humans and animals. Essential oils enhance our immune system, kill virus, bacteria, molds and fungi. They help heal and are very calming. Come and enjoy the wonderful aromas!

Dr. LeAnn Jons-Cox

Keynote Luncheon
Speaker:



LeAnn Jons-Cox, DO, is a woman of unbounded energy mixing a professional career teaching osteopathic medical students at Rocky Vista University with motherhood of a beautiful brood of five children. She received her Doctor of Osteopathy degree in 2000 from University of Health Sciences College of Osteopathic Medicine in Kansas City, MO. Her professional interests include osteopathic manual medicine and integrative approaches to health through nutrition, exercise and release from emotional trauma. For fun, she and her husband are busy raising a miniature menagerie of chickens, goats, donkeys, dogs, cats, and bunnies. Dr. Jons-Cox is the CEO of Osteopathways, a health consulting practice. You may contact her at osteopathways@gmail.com.

Dr. Jons-Cox, will help participants understand the definition of alternative/ integrative/complementary/ functional medicine before focusing on daily tools to aid in mental/physical/spiritual well being.