



FEBRUARY 7, 1 - 7 p.m. • FEBRUARY 8, 10 a.m. - 4 p.m.
Exhibit Hall A & Lakeside Commons, Monona Terrace

SPEAKER SCHEDULE AND SPECIAL EVENT HIGHLIGHTS

FRIDAY, FEBRUARY 7

1 P.M., LECTURE HALL Origami Owl Jewelry Bar

Presented by Kristin Walter

Tell your story through jewelry. If you haven't attended an Origami Owl Jewelry Bar (party), this is your opportunity to find the perfect charms to represent the things you love. Stop by the Lecture Hall between 1 and 2:30 p.m. to learn more and build your own custom locket.

3 P.M., LECTURE HALL

The Formula for Good Health: What's healthy and what's not? Seeing the forest through the trees.

Presented by Luke Fortney, MD, Meriter

When it comes to health, we usually think of things like being skinny, using extreme diets, taking various supplements, running a marathon, or seeking great healers. We often look at health as something that's really hard to do, no fun, or a burden. On the other end of the spectrum, we sometimes pursue health so much that it becomes unhealthy. But the simplest definition of health is "living longer and happier."

4 P.M., MAIN STAGE

Live with OUTRAGEOUS ENERGY: Never be SICK Again!

Presented by Karen Urbanek, Karen's Energy

If you desire vibrant health and fewer visits to the doctors' offices, this is the presentation for YOU! Learn how cancer, arthritis, type II diabetes, candida and other symptoms can leave the body! Learn how power packed smoothies can take your pH soaring to new levels.

4-7 P.M., EXHIBIT HALL A AND LAKESIDE COMMONS

Spa Night and Organic Wine Tasting

Visit www.wellexpomadison.com for a list of Spa Night offerings.

5:30 P.M., MAIN STAGE

How to Make Your Weight Loss Resolutions Stick... 7 Tips, Tricks and Secrets to Getting and Staying Lean

Presented by Dustin Maher

Dustin Maher will share his 7 best things you can do as a busy woman to have it all. In his interactive presentation you will discover one sweat-free exercise that can take up to two inches off your waist; 3 foods that seem healthy but are making you gain weight; an exercise that is more effective at burning fat than steady state cardio and much more!

SATURDAY, FEBRUARY 8

9:30 A.M., MAIN STAGE AREA FITNESS CLASS

Presented by PureBarre

In just 55 minutes you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. The Pure Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Admission is FREE.

10 A.M., LECTURE HALL

Cancer: Your Healing Options

Presented by Dr. Marcia Schaefer, Energized Health and Wellness

Diagnosed with cancer? You have choices. Dr. Marcia's inspiring story of healing empowers, educates and motivates people to take charge of their health and live their very best life!

10 A.M. - 12 P.M., BOOTH #55

Trigger Point Dry Needling and Pilates - Effective Options in Injury Recovery and Prevention

Presented by Kim Stepien, Sport and Spine Clinic

Do you suffer from tight muscles or a weak core? Learn about two physical therapy rehabilitation options that release muscles and develop strong core using functional Trigger Point Dry Needling and Pilates.

11 A.M., MAIN STAGE

Setting Intentional Wellness Goals with Ali McWilliams

Presented by DreamBank

Ali leads an inspirational hour that will boost your motivation for pursuing your fitness dreams. Bring your questions, challenges and obstacles and get great tips in return. Discover ways to strengthen your mind, body and spirit through wellness tips that feel purposeful, fulfilling and doable.

12 P.M., MAIN STAGE

Dr. William Davis, Bestselling author of *Wheat Belly*

Dr. Davis is a renowned cardiologist who has been featured on the Dr. Oz Show. After witnessing patients regain their health after giving up wheat, Dr. Davis reached the conclusion that wheat is the single largest contributor to the nationwide obesity epidemic - and its elimination is key to weight loss and optimal health. Dr. Davis will speak and conduct a book signing.

1 P.M., LECTURE HALL

How to Avoid Going to the Dentist - Tips and Tricks for Holistic Approach.

Presented by Dr. Kaveh Ghaboussi and Trish Ghaboussi, Registered Dental Hygienist, Smile Solutions

Most people hate going to their dental visits so find out how you could avoid timely, costly or painful dental appointments straight from a dentist! Dr. Kaveh Ghaboussi and the team at Madison Smile Solutions will teach how a holistic approach will keep you smiling for years to come.

1-3 P.M., BOOTH #55

Pinterest Party!

Presented by DreamBank

Join DreamBank and Life Coach Mandy Frey for an inspirational workshop to bring your wellness dreams to life. Roll up your sleeves and transform your dreams into your very own Dream Board - a creative collage of colors, ideas, and inspiration that will remind you of your goals all year long. We'll provide the supplies - you bring your creativity! No materials cost - FREE to participate!

2 P.M., MAIN STAGE

Women's Health Forum

Participating Experts: All About Chiropractic, Karen's Energy, Associated Physicians, Pearle Vision and St. Mary's

A panel of five health experts will answer audience questions related to the health issues that women experience today. Submit your questions anonymously at our Registration Desk or ask in front of the audience at the Main Stage.

3 P.M., LECTURE HALL

Energize Your Higher Brain

Presented by Dr. Drew Neville, Higher Brain Living

Come and see a presentation and live demonstration about the Higher Brain Living® system that is literally mind blowing to witness and experience. The revolutionary system provides dramatic physiological change to the highest structure of the brain unlike anything that has been possible before.