



# Healthy Me

wellness event

10:00 a.m.	Dr. Lynne Steiner	Healthcare Directives
10:30 a.m.	Jamie Root-Larsen	Aromatherapy
11:00 a.m.	Dr. Sue Bikkie	Dementia
11:30 a.m.	Dr. Sue Bikkie	Dementia
12:00 p.m.	Kari Collett	Manage Your Migraines
12:30 p.m.	Gwen Marshall	Mindfulness
1:00 p.m.	Kari Collett	Feed Your Brain
1:30 p.m.	Deb Newton	Chair Yoga & Breathing

**All presentations are one half-hour**

## Education Tables

MLHS Rehab

Woodlands Nat'l Bank

MLHS Senior Care Unit

Cancer Support Group

MLHS Nutrition/Diabetes

SAGE Program

Aromatherapy

Text For Life

Caregiver Support

MLHS Sleep Lab