

6TH ANNUAL HEALTH + WELLNESS FAIR 2016



Wednesday, May 11th • 1:00PM to 5:00PM • Ovation Hall
Odawa Casino • 1760 Lears Road • 231.439.5380

Schedule of Presentations/Demonstrations:

McLaren Northern Michigan 1:10 p.m.

- Chair Yoga by Jesica Bunker

Odawa Hotel Cooking Demo 1:30 p.m.

- Tuscan-Style Tuna Salad

Studio Health & Fitness 2:00 p.m.

- Zumba

Sage Cooking Demo 2:30 p.m.

- Lobster Sous Vide

1 Senior Home Care Inc Cooking Demo 3:00 p.m.

- Kale Egg Roll

Waas-No-De Buffet Cooking Demo 3:30 p.m.

- Balsamic Chicken Skewers

Studio Health & Fitness 4:00 p.m.

- Step it Up

Odawa Team Member Dining Room 4:30 p.m.

- Avocado Key Lime Pie

45+ Vendors!

1 Senior Home Care Inc • Airway Oxygen • Alpine Insurance • American Red Cross • Arbonne International • Bay Bluffs • Blue Cross Blue Shield of Michigan • Community Health Center of Northern Michigan • Curves/Nerium • Dermatology Associate of Northern Michigan P.C. • Forever Green • Friendship Centers of Emmet County (Council on Aging) • Gallagher Benefits Services, Inc • Grain Train Natural Foods Market • Grand Health Partners • Harbor Pointe Dental of Petoskey • Health Department of Northwest Michigan • Holiday Inn Express & Suites • Hospice of Northwest Michigan • L'Bri Pure and Natural • Live Well – Acupuncture & Massage • LTBB Community Health Department • LTBB Contract Health/Spring Grant • LTBB Department of Human Services • LTBB Elders Department • Mackinac Straits Health Systems • McLaren Northern MI • North Country Community Mental Health • Northern Health Care Management • Northern Michigan Pharmacist's Association • Otsego Memorial Hospital • Perry Farm Village Wellness Club • PNC Bank • Randall Chiropractic Clinic • SAM'S Club • Studio Health & Fitness • The Birth Nest LLC • The Brook Retirement Communities • Top of Michigan Trails Council • USDA Rural Development • VitalCare • Veteran's Health Administration • Voya Financial • Wal-Mart Vision Center • Weight Watchers • YMCA of Northern Michigan

We are excited to be able to offer this event free of charge to you. By registering, you are committing to this event and we ask that you keep that commitment. Thank you!