

## Women's Wellness Pop-Up Shop

Support local, women-owned businesses.

### **LuLaRoe** by Lindsay Ryan\*

Fashionable, comfortable clothing (leggings, shirts, tunics, skirts, dresses) for women and children  
\*A portion of each sale will be donated by Lindsay and matched by LuLaRoe to Inland Hospital.

### **Handmade Rice Bags with Essential Oils** by Jayne Parsons

Therapeutic rice bags can be used hot or cold for aches, pains, or comfort.

### **Seeds to Scenes** by Doreen Swain

Beautiful, original hand pressed flower cards, candles, bookmarks, pictures, lampshades, and switch plates.

### **Clean Naturals** by Diana Sirois

Elegant, hand crafted soaps made with high quality, all natural vegan oils, and free from ingredients that are drying and harsh to the skin.

### **doTerra & Gram's Goodness** by Selena Brown & Danielle Gerber

Essential oils, diffusers, supplements, skincare, household items, homemade natural solutions. Also providing Aroma Touch Hand technique. Plus, Gram's Goodness will have local maple syrup!

### **Pure Haven Essentials with Jenn** by Jennifer Fitzpatrick

Organic and non-toxic body care products, cleaning products and essential oils. Homemade aromatherapy inhalers made with Pure Haven essential oils.

### **Lilla Rosa Independent Stylist** by Lacy Menchen

Lilla Rose patented, durable, and beautiful Flexi Clips and hair accessories.

### **Damsel in Defense** by Stacey Hachey

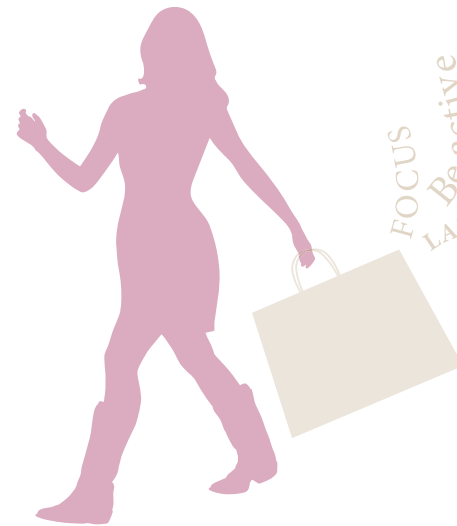
Protection products for yourself, family, home, vehicle, and travel.

### **Kennebec Cheesery** by Jean Koons

Handcrafted artisan goat cheese and yogurt.

### **Mary Kay** by Nicole Quirion

Relax with a facial utilizing Mary Kay skincare and beauty products.



Please give us your feedback about this event at check-out and be eligible to win fabulous door prizes!

Join us!



## WORLD OF Women's WELLNESS

20TH ANNIVERSARY

Saturday, April 1, 2017, 9am–2pm

Thomas College, West River Road, Waterville

*FREE Event for Women of All Ages!*

Grow Eat healthy  
BREATHE SLEEP  
NURTURE Learn  
play Set Goals  
MOVE  
HYDRATE  
Recharge  
Be active  
Rest  
FOCUS  
LAUGH

- 60+ wellness exhibits, spa and complementary health samplings
- NEW this year – **Women's Wellness Pop-Up Shop** featuring local, women-owned businesses



*Introducing*  
EMHS Center for Women's Health at **Inland**  
Visit our booth and meet our team at the event!

*Thank you...*

to the many volunteers, businesses and non-profit organizations who graciously donate their time, expertise and prizes to make Women's Wellness a community success!



EMHS MEMBER

For more information: [inlandhospital.org](http://inlandhospital.org) or 861-3292 

*Thank you to our sponsor!*



## Live on stage in the Gym

### 10am **Avocados – The What, How & Why**

with *Mary Lavanway, Hannaford Dietitian*

You've probably heard that avocados contain "good fat", and maybe even that they're a good source of fiber. But what to do with them?

Join Mary and you'll learn how to purchase, peel and use this healthy fruit to make a delicious, nutritious, easy, Quick Meatless Taco Salad!



### 11am **Eating the Mediterranean Way – the Diet That Delivers!**

with *Mary Lavanway, Hannaford Dietitian*

The Mediterranean Diet is good for us in multiple ways - lowering our risk of cognitive decline and reducing our chance of getting some cancers, diabetes and cardiovascular disease. Mary will show us how to make a Tzatziki Chicken Salad that can be used for dipping or stuffed into a pita.

### 12 noon **The Snow Pond Pantasticks Steel Drum Band**

hosted by *Snow Pond Community Music School*

Directed by Christine Letcher, this talented group is made up of veteran and new players alike who enjoy weekly classes in Sidney, Maine and perform in local gigs and fundraisers. To find out more, come enjoy their beautiful sound and visit [snowpond-communitymusic.org](http://snowpond-communitymusic.org).



*Introducing....*

EMHS Center for Women's Health at *Inland*

Visit us in the Gym!

## Free Health Screenings and Risk Assessments

### *In the Auditorium Classroom:*

#### **Blood Pressure**

by *KVCC Nursing Students and Inland Hospital Nursing Staff*

One of the most important ways to reduce your risk for heart disease is to know and control your blood pressure. Get a free BP check and a free Fedco seed packet!

#### **Balance Screenings**

by *Spectrum Generations*

Most falls occur during routine activities and a large portion are preventable. Learn more about your potential fall risk and ways you can reduce it.

### *In the Gym:*

#### **Small Steps Healthy Habits Survey**

by *Inland's Community Wellness Program Coordinator*

When it comes to your health, small steps go far! Answer a few questions and take away suggestions and resources to get started to a healthier you.

#### **Sun Safety Skin Analyzer**

by *Melanoma Foundation of New England*

The Derma Scan skin analyzer is a simple box that uses ultraviolet (UV) light to magnify the image of your face and show sun damage invisible to the naked eye.

#### **Diabetes Risk Assessment**

by *Inland's Diabetes & Nutrition Wellness staff*

Complete a brief questionnaire to learn your risk for Type 2 Diabetes and review your results with Inland's Diabetes Educators.



## Spa & Complementary Health Services

Nurturing your body, mind, and soul are important for overall wellness.

Enjoy a sampling of the following services – while they last!

*Sign up in the gym foyer or stop by the spa area early!*

*(Note: Spa area is closed from 11:30 am-noon)*

*Pre-registration appointments required – sign up in the gym foyer:*

#### **Chair Massage**

by *Stephen Spencer, LMT of Streams of Life*

Relax as you receive a chair massage.

#### **Massage**

by *Dane Boutin, LMT of Couture Styles*

Unwind as you enjoy a massage.

#### **Chair Massage, Chair Reflexology, and Reiki**

by *Mary Patterson of Mary's Massage and Bodywork*

Release tensions with a massage, reflexology and Reiki sampling.

#### **Bioenergy Healing Therapy**

By *Shirley Benson of Bioenergy Health & Healing*

Balance your mind, body, spirit and soul with an introduction to bioenergy healing therapy.

#### **Gendai Reiki-ho (Traditional Japanese Reiki)**

By *Roberta R. Barnes, Gendai Reiki-ho Shihan, Gendai Reiki Healing Kyokai Shihan, and Komyo Reiki Kai Shihan (master instructor); Master Herbalist and Author*

Feel your mind, body, and spirit coming into balance and harmony as you relax with gentle touch.

### *Don't miss!*

**11:30 am & 1pm in the Spa Area Commuter Lounge**

***Mindfulness: A brief introduction to get you started***

with *Mark Klemperer, MD - Inland Women's Health Care*

Treat yourself to this brief (15-20 minute) and entertaining introduction to the how, what, and why of mindfulness - and a more mindful way of life! No sign-up necessary.



*No appointment needed – stop by the spa area anytime!*

#### **Couture Styles**

*Maila Couture – Owner, Cosmetologist, Nail Technician*  
*Amber Archer – Nail Technician*  
*Emily Basord – Hair Stylist*

Maila and her team will pamper you with beautiful nail stamping art, hair styling options, and consults.

#### **Salon Renū & Co.**

*Randy Rodrigue – Owner, Cosmetologist*  
*Terra Stratton – Nail Technician*  
*Jake Girard – Cosmetologist*  
*Apprentice Trainee*  
*Jessica Gordon, LMT*

Enjoy a mini spa treatment with a hand and neck massage then topped off with a hand scrub and polish.

#### **Erica LéStrange**

*Full-service Hair Dresser, Prime Cut Salon*

Have your hair styled and consult with an expert on topics such as hair extensions, hair color, cuts, and other salon services you may have questions about.

*Inland does not endorse exhibitor products or services. Always consult your healthcare provider before beginning any major lifestyle changes.*