

# *Alternative Choices for a Healthy Life*

*Saturday, March 13, 2010*

## **Program**

- 8:30am**            **Registration - KHS Breezeway**
- 9:00am**            **Welcome: Dr. Shari McMahan, Chair of HS Dept.**
- 9:05am**            **Introduction: *Dr. Jie Weiss*, Professor of HS  
Dept. and the organizer of the workshop**
- 9:15am**            ***Using Functional Foods for Optimal Health***  
                         **Speaker: Colleen Kvaska, M.A., R.D., C.D.E**
- 9:55am**            ***Introduction to Acupuncture and Oriental  
Medicine***  
                         **Speaker: Wen-Shuo Wu, M.D., MSAOM**
- 10:35am**          **Break - KHS Breezeway**  
                         **Tai Chi Demonstration**  
                         **Presenter: Shin Lin, Ph.D.**  
                         **CAM Booths and Exhibits, Refreshments**
- 11:10am**          ***Chiropractic: A Hands-on Approach to Health  
Care***  
                         **Speaker: Gena Kadar, D. C., CNS**
- 11:50am**          **Closing**
- 12:00pm**          **CAM Booths and Exhibits - KHS Breezeway**

