



# HEALTH & WELLNESS FAIR 2023 PROGRAM

FRIDAY, MARCH 31 | 8 AM-3:30 PM



Join us for a day dedicated to your health and wellness at The Center.

# Classes & Workshops

**7:45 – 8:45 a.m.**

## **The Center: Balance, Core & Stretch**

Join one of The Center's great instructors in the gymnasium for a class that covers a variety of exercises designed to improve balance, muscular strength, increase flexibility, improve your joint stability, and increase your range of motion.

**7:45 – 8:45 a.m.**

## **The Center: Cardio Barre**

Join one of The Center's great instructors in the Performing Arts Room for a mix of Pilates, dance, yoga, and functional training and moves that are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini balls and light hand weights to sculpt, slim, and stretch your entire body. Great for ALL LEVELS of Fitness.

**8:00 – 8:45 a.m.**

## **OFFICIAL KICK-OFF WORKOUT**

The Center of Anna Island Health and Wellness Fair official kick-off workout celebrates the bringing together of the Island community in the spirit of health and wellness. Join us for 45-minutes of body weight work to start the day!

**9:00 – 10:00 a.m.**

## **The Center: Tai Chi with Dr. Brian Nell**

Join one of The Center's great instructors in the gymnasium for a wonderful hour of Tai Chi. The benefits of this ancient Chinese art include improvement in mental clarity, balance, footwork and stepping. Tai Chi is a gentle healing practice, an excellent way to open up the joints and stretch the tendons.

**9:00 – 10:00 a.m.**

## **The Center: Indoor Cycling**

Join one of The Center's great instructors in the Performing Arts Room for an indoor cycling experience to start the day. Indoor cycle is one of the best ways to create a high-level interval workout, without any hard impact on the body. Debbie will be taking you up "hills" using resistance, showing safe, effective ways to maximize your movements and workout.

**9:00 – 10:00 a.m.**

## **Diana Hughes from Thrive Yoga and Fitness**

Target your deep connective tissue (your fascia, ligaments, joints, and bones) with a session of Yin Yoga with Thrive Yoga and Fitness' Diana.

**9:00 – 10:00 a.m.**

## **Travis Raynor - Revive**

Cardio workout

**9:00 – 10:00 a.m.**

## **Let's talk water with Jess Guthertz**

Sharing the power of health through water.

**9:00 – 10:00 a.m.**

## **Jordan Roche with Reed Between the Lines Benefits of Veganism, Yoga, Breathwork and Supplements**

Fitness instructor/certified vegan health coach Jordan Roche will discuss weight loss and her healing journey: how she healed her bulging and herniated discs naturally. Jordan will discuss the benefits of veganism, yoga, breathwork and supplements.

**9:00 – 10:00 a.m.**

## **Devs Bevs Ice Baths**

Experience the benefits of ice baths at The Center with Devinne Whittaker of Devs Bevs. Take a few minutes out for yourself at the Health and Wellness Fair!!! Ice baths can reduce inflammation and swelling, relieve sore muscles, improve exercise recovery, improve mental health, and support immunity.

**9:00 – 10:00 a.m.**

## **Gentle Yoga with Adriene Lorfald**

Take time for yourself with a gentle yoga session with Adrienne Lorfald. Class will include a short sound bath during Savasana.

**10:15 – 11:15 a.m.**

## **The Center: Low Impact Cardio Blast**

Join one of The Center's great instructors in the gymnasium for a combination of Low Impact choreography coupled with a "blast" of weight work with dumbbells. Learn simple combinations of cardio driven footwork to get the heart rate up and get a good sweat going. After several minutes, the class then switches to simple combinations of strength training using dumbbells. Abdominal work and stretching round out the class for a complete, full body workout.

**10:15 – 11:15 a.m.**

## **The Center: Vinyasa Yoga**

Join one of The Center's great instructors in the Performing Arts Room for this Vinyasa Yoga class - an approach to yoga in which you move from one pose directly into the next. Great for ALL LEVELS of Yoga.

**10:15 – 11:15 a.m.**

## **Pure Barre with Lindsay Peirce Sato**

Pure Barre's own Lindsay Peirce Sato for a low-impact, full body workout that will strengthen your mind and body.

**10:15 – 11:15 a.m.**

## **Flower Crown Making with Sophia Wettstein of Mindful Blooms - Children's Workshop**

Join Mindful Blooms' Sophia Wettstein in a children's flower crown making workshop. Sophia's flower crowns use her beautifully, organically and mindfully grown flowers from Mindful Blooms Farm. \$10 fee for flower crown materials will be collected at registration or event check-in.

**10:15 – 11:15 a.m.**

## **Just the Facts: Benefits of CBD and Hemp with Jim Harwood**

Learn the facts and benefits of CBD and Hemp in your health and wellness journey. Workshop attendees will sample an infused treat.

**10:15 – 11:15 a.m.**

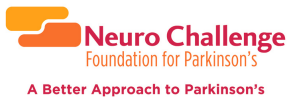
## **Emotional Intelligence Reprogramming with Scott Scantlin**

Author of The Relevance Gap, Scott Scantlin, will discuss Emotional Intelligence Reprogramming techniques and how to use them to empower yourself.

**11:25 a.m. – 12:25 p.m.**

## **Mid-Day Break with Dev Whittaker**

Take a break for the day's fun and learning with a lunch by Grub and a coconut treat from Surfing Coconut, while Devinne shares her detailed wellness plan, which includes a mix of health coaching and life coaching skills for operating optimally every day! Devinne will also discuss the benefits of celery juice and provide insight into the most toxic products in your household (hint: Beauty products are a first offender). Learn how to rid your household of these harmful products and start anew!



MINDFUL BLOOMS FARM  
MYAKKA CITY, FLORIDA





**12:30 – 1:15 p.m.**  
**TBD**

**12:30 – 1:15 p.m.**  
**Indoor Cycling Fun with Kyra Valadie**

Clip in for a fun 45-minute ride where you will tackle climbs, roll up and down hills, and enjoy some beach cruisin' in between while finding rhythm to some classic tunes.

**12:30 – 1:15 p.m.**  
**Beginner Flow Yoga with Salty Buddah**

The perfect class for those new to yoga or individuals that want a solid fundamentals flow yoga session. A yogi from Salty Buddha will guide you through your flow.

**12:30 – 1:15 p.m.**  
**Why EMS Needs Bystanders to Start CPR with Landes Emergency Training Services (L.E.T.S.)**

Learn basic CPR skills to save someone tomorrow. The skills you learn at this workshop can increase the chances of survival with simple bystander skills. Save the life of a loved one or stranger.

**12:30 – 1:15 p.m.**  
**Health, Wellness, Fitness and Parkinson's Disease with Neuro Challenge Foundation**

Living with Parkinson's Disease has its challenges, but with proper exercise and self-care, it can be improved and enhanced. Learn more about the disease and how consistent and appropriate physical activities can help improve quality of life and overall health and wellness at a workshop provided by the Neuro Challenge Foundation for Parkinson's.

**12:30 – 1:15 p.m.**  
**Prosper Strength and Weight Lifting Class with Matt Tigreros**

Size is the prize! Get ready for a 45-minute workout, with Prosper Bradenton's Matt Tigreros, including strength training to help you get stronger and become a healthier you! For people of all strength levels and ages.

**12:30 – 1:15 p.m.**  
**Beyond the Doctor's Office with Dr. Brian Nell**

Come join Dr. Brian Nell as he helps to unwrap the mysteries of the ancient arts associated with Chinese medicine. His talk will help provide some basic understanding of acupuncture, Chinese herbalism and tai chi. Participants will have the opportunity to learn about acupressure, some first-hand experience with tai chi and the history that binds these arts together

**1:30 – 2:15 p.m.**  
**Somatic Release Breathwork with Alison Hilderbrand**

Allison will guide you through a somatic release breathwork experience. For the past 3 years she has been creating safe and expansive spaces for all humans to explore what it means to connect to the deepest parts of yourself through breath. Sharing this internally immersive practice is what brings her the most joy and she looks forward to creating space and community connection on Anna Maria Island.

**1:30 – 2:15 p.m.**  
**Barre Fusion with Linda Ubertini**

A combination of Barre, Pilates and Low Impact Cardio. Class focus will be micro movement of auxiliary muscles and core. Participants will challenge their endurance using their own body weight with various challenges both at the barre and on the floor.

**1:30 – 2:15 p.m.**  
**Ecstatic dance workout with Jordan Roche**

Explore the journey that is Ecstatic Dance. Learn to improve your health and wellness through the freedom of movement and self-expression.

**1:30 – 2:15 p.m.**  
**MOVE. BREATHE. MEDITATE with The Source Chiropractic in St. Pete**

Dr. Dyllon Mawn facilitates reconnection to the present moment in a one hour MOVE BREATHE MEDITATE class. This class will help you find the strategies to move through stress and the keys to create more energy for the things you love.

**1:30 – 2:15 p.m.**  
**Micro Biome and Plexus System Workshop with Nicole Skaggs**  
Learn about Plexus Systems

**1:30 – 2:15 p.m.**  
**HIIT Class with Trisha Lampita**

Get ready for a full body burn with Prosper Bradenton's Trisha Lampi! For all levels, we will work body weight and bands with bursts of intensity to increase the heart rate. Trisha looks forward to prospering with you!

**1:30 – 2:15 p.m.**  
**All things Mushrooms: The benefits of mushrooms with Petrichor Mushrooms**

Learn the health and wellness benefits and uses of mushrooms from the experts at Petrichor Mushrooms.

**2:30 – 3:30 p.m.**  
**OFFICIAL CLOSING YOGA SESSION**

The Center of Anna Island Health and Wellness Fair ends with yogi Kat Fetzer in a group yoga session that brings a wonderful day dedicated to the community's health and wellness to a close.

## Vendors/Practitioners/ Services

**\*\*Guests may access vendors without purchasing entry to the fair\*\***

Graze Street AMI  
Greek Triangles  
Pure Florida apiary – local raw honey  
Petrichor Mushroom  
Pure Vibrancy  
Spare Kitchen  
Urban Hippie Provisions  
Veganology  
AMI Coconuts  
Devs Bevs Juice  
Jupiter's Microgreen Farm  
Olive Branch and More  
Pour House coffee  
Revive Nutrition  
Beachbum Apothecary  
Breath and flame intentional wellness  
candles, Alison Hildebrand  
Elite Hydration and Wellness (Jana Mara)

Hemp Products, Jim Harwood  
KG Jewelry  
Louve Lavande Apothecary  
Loves Pardon Boutique  
Mindful Blooms  
Neuro Challenge Foundation  
OneBlood  
Salty Buddha Yoga Studios  
Sea-renity Beach Spa & Bou-tiki  
– Amanda Escobio Ryan  
Scott's Exotic Plants

**Practitioners:**  
Dr. Dyllon Mawn, Chiropractor  
The Source Chiropractic in St. Petersburg  
Dr. Brian Nell, Massage and Healing Herbs  
Cypress Pillar Healing Arts Center  
Jessica Garcia  
Sound Therapy

### Services:

#### Devs Bevs Ice Baths:

Drop in and experience the benefits of ice baths at The Center with Devinne Whittaker of Devs Bevs. Take a few minutes out for yourself at Devs Bevs Ice Bath Wednesday!!! Ice baths can reduce inflammation and swelling, relieve sore muscles, improve exercise recovery, improve mental health, and support immunity.

#### Landes Emergency Training Services (L.E.T.S.):

Hands Only CPR Demonstration and Participation Booth  
Demonstration on How to use an AED – Hands on Training Today  
Free Blood Pressure Checks  
Drawing for a FREE CPR class for up to 5 people – Value = \$300.00

#### OneBlood – Blood Donations (8 a.m. – 2 p.m.)

Give back at the Health and Wellness Fair with a donation of blood with OneBlood. With the nationwide shortage of blood, The Center is bringing the OneBlood donation bus to Anna Maria Island in hopes that you can take a little time out of your day to make a difference.

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