



WELLA News

The coolest integrative health and wellness conferences ever!

Wella Contact Information

If you have questions, please email Info@wellpalooza.com

Wella 2015 Location

Wisconsin Place
Community Recreation Center

5311 Friendship Blvd.
Chevy Chase, MD

Saturday, November 14th,
10am-5:30pm

Wella Fact

First Wellpalooza was held in 2014 in Princeton Resort in Colorado.

Wellpalooza believes in integrative healthcare, utilizing the benefits of western medicine, with the natural approaches of eastern medicine in managing chronic conditions.

We are more than a typical health conference.

Wellpalooza integrative health & wellness conferences brings education, "How to" help and fun to the people who need it the most.



Join us for the After Wella Salt Cave & Hope Floats Parties!

Go to www.wellpalooza.com for details & to reserve your spot!

Questions?

info@wellpalooza.com



Check out our newly revamped wellapalooza.com website!

WELLAPALOOZA 2015

A FUN FILLED DAY OF INFORMATION & ACTIVITIES with RENOWNED DOCTORS and SPECIALISTS ON EHLERS-DANLOS SYNDROME (EDS), MASTOCYTOSIS & MAST CELL ACTIVATION SYNDROME (MCAS). COME GATHER WITH US TO LEARN FROM THE EXPERTS!

SCHEDULE of ACTIVITIES

- 10:00-10:30am – Welcome/Intros
- 10:30-12pm – Dr. Emily Telfair
Presentation on natural approaches for chronic pain, inflammation and chronic health conditions.
- 12:00 – 1:00pm – Lunch
(Lunch on your own or stick around & snack on goodies provided)
- 1:00 – 1:30pm – Natural Movement/Pilates & motivation to move for “Just 5 Minutes” a day
- 1:30 – 3:00pm – Dr. Theo Theoharides
Presentation on Mast Cell Activation
- 3:00 – 3:30pm – Break/Mindfulness exercises/Chair Yoga
- 3:30 – 5:00 – Dr. Alan Pocinki
Presentation on an integrative approaches to managing complex medical conditions, and the cycle of poor sleep, chronic pain & fatigue.
- 5:00 – 5:30pm – Meditative Coloring for adults/ other mindfulness activities
- 5:30pm-6pm - Clean-up & Good byes

*Dr. Theo Theoharides

*Dr. Emily Telfair

*Dr. Alan Pocinki

•STRESS REDUCTION IDEAS

•HEALTHY EATING TIPS

•HOW TO EXERCISE WITH CHRONIC INFLAMMATORY CONDITIONS

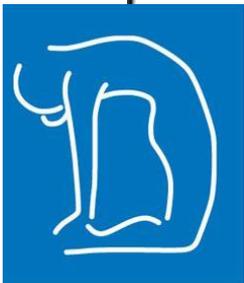
•CHAIR YOGA

•PILATES

•COLORING & COLORING BOOKS

•LIVING WITH A CHRONIC ILLNESS

Our goal is to equip you with the tools to manage your condition a bit easier and to help you improve your quality of life



**Save the Date!
Wellapalooza 2016
June 9th-12th**