



# WELLA News

The coolest integrative health and wellness conferences ever!

## Wella Contact Information

If you have questions, please email [Info@wellpalooza.com](mailto:Info@wellpalooza.com)  
Kendra's Cell - 240-687-7791

## Wella 2016 Location - Day 1

**The Mindfulness Center**  
4963 Elm St., Suite 100  
Bethesda, MD 20814  
(Above the Wells Fargo Bank)  
301-986-1090

Friday, June 10th, 2016

## 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 at Haven on the Lake & Turf Valley for Wellpalooza Day 2 & 3!

Go to [www.wellpalooza.com](http://www.wellpalooza.com) for details & to reserve your spot!

Questions?

[info@wellpalooza.com](mailto:info@wellpalooza.com)



Check out our newly revamped [wellapalooza.com](http://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

- 11:15-11:45am - Welcome/Intros
- 12pm-1pm - Gentle/Restorative Yoga with Dr. Norris
- 1:15 -2pm - Mindfulness for Chronic Pain Management with Dr. Deborah Norris
- 2:00pm - 4:00pm - Casual Q & A with Dr. Lawrence B. Afrin, M.D. on Mast Cell Activation Disease & Chronic Illness
- 4:00pm - 5pm - Break/Prep for Tai Chi class
- 5:00 - 6:30pm - Tai Chi/QiGong Class
- 6:30 - 7pm - Break/Dinner
- 7:00pm - 7:45pm - Yoga for hypermobility seminar & discussion
- 8:00pm - 9:30pm - Candlelight Yoga Class with Jessie Norris (Hatha/Vinyasa Flow Yoga)

\*Dr. Deborah Norris

\*Dr. Larry Afrin

- MINDFULNESS FOR CHRONIC PAIN
- HOW TO EXERCISE WITH CHRONIC INFLAMMATORY CONDITIONS
- RESTORATIVE YOGA
- YOGA FOR HYPERMOBILITY
- Q & A WITH DR. LARRY AFRIN
- LIVING WITH A CHRONIC ILLNESS
- TAI CHI/QIGONG
- CANDLELIGHT YOGA

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



Thank you for joining us!