



WELLA News

The coolest integrative health and wellness conferences ever!

Wella Contact Information

If you have questions, please e m a i l Info@wellapalooza.com K e n d r a 's C e l l -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

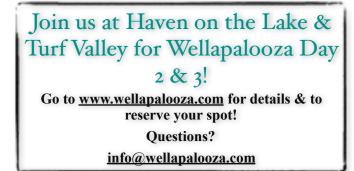
First Wellapalooza was held in 2014 in Princeton Resort in Colorado. Wellapalooza believes in integrative healthcare, utilizing the benefits of western medicine, with the natural approaches of eastern medicine in managing chronic conditions.

We are more than a typical health conference.

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



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Check out our newly revamped wellapalooza.com website!

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)

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!

*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!

Wellapalooza