

## WELLNESS FESTIVAL – “COME AND BE WELL IN LAVA HOT SPRINGS”

MAY 14<sup>TH</sup> and MAY 15<sup>TH</sup>, 2021 at the LAVA COMMUNITY CENTER  
\$25.00 Registration Fee Includes Gift Bag, Presentations and Exhibitors  
Sponsored by the Greater Lava hot Springs Chamber of Commerce

### FRIDAY, MAY 14<sup>TH</sup> Come dressed to exercise for wellness!

6:00 A.M. - 9:00 A.M. LAP SWIM – Lava Aquatic Center - \$2.00 Entry Fee – Pay at the Aquatic Center  
Lap Swim sponsored by the Lava Hot Springs Foundation

8:30 A.M. – 11:30 A.M. Wellness Check Lab Work (Reduced Fees) Pay at Health West Clinic in Lava  
Sponsored by Health West at the Lava Hot Springs Clinic (Walk-In Welcome, FASTING REQUIRED) 85 S 5<sup>th</sup> W.

10:00A.M. – 11:00 A.M. Water Aerobics “Instructor is Laurie Head” \$5.00 Fee - Pay on Site  
Held at the Lava Hot Springs Inn. 1<sup>st</sup> North and Center Street

11:00 A.M. – 12:00 P.M. Pets and Pals Health Walk - Meet at the Lions Club Pavilion 1st North & Center.  
All pets MUST be on a leash no longer than 6ft and accompanied by an adult.

1:30 P.M. Registration (OR) [PRE-REGISTER ON OUR SQUARESPACE PAGE](#)  
“MUST BE REGISTERED TO PARTICIPATE IN ACTIVITIES AT THE COMMUNITY CENTER”

2:00 P.M. Speaker – “EXERCISE FOR WELLNESS (Connie from Health West)

2:30 P.M. - 4:30 P.M. BREAKOUT SESSIONS - WELLNESS FESTIVAL EXHIBITORS  
Aromatherapy & Essential Oils Chair Massage Bio Feedback Acupuncture Live Wave Yoga Hypnosis Reflexology

4:30 P.M. Walking Labyrinth Tour – Courtesy of Sorenson’s Lava Hotel

7:00 P.M. Music and Entertainment (to be announced) Lava Community Center

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### SATURDAY, MAY 15 Come dressed to exercise for wellness!

8:30 A.M. “Tour of the Town” 5k Fun Run. \$15.00 Entry Fee. Starts at the Lava Community Center  
[PRE-REGISTER ON OUR SQUARESPACE PAGE](#)

9:30 A.M. REGISTRATION (OR) [PRE-REGISTER ON OUR SQUARESPACE PAGE](#)

10:00 A.M. SENIOR SNEAK RIVER WALK Starts and ends at the Lava Community Center

10:00A.M. – 11:00 A.M. Water Therapy “Instructor is Laurie Head” \$7.00 Fee Pay on Site  
Held at the Lava Hot Springs Foundation Aquatic Center – Indoor Pool

10:00 A.M.- 11:30 A.M. BREAKOUT SESSIONS – WELLNESS FESTIVAL EXHIBITORS  
Aromatherapy & Essential Oils Chair Massage Bio Feedback Acupuncture Live Wave Yoga Hypnosis Reflexology

11:30 A.M. Speaker – “Wellness Benefits of the Mineral Waters” George Katsilometes

12:00 – 1:30 P.M. LUNCH ON YOUR OWN.

1:30 P.M. Gyro kinesis – “Instructor is Laurie Head”  
“An original and unique movement method to address the entire body.”

2:00 P.M. Speaker - “DIETS AND NUTRITION” Carol Jenson

2:30 P.M. – 4:30 P.M. BREAKOUT SESSIONS – WELLNESS FESTIVAL EXHIBITORS  
Aromatherapy & Essential Oils Chair Massage Bio Feedback Acupuncture Live Wave Yoga Hypnosis Reflexology

4:30 P.M. Zumba Dancing – Led by Angie Stringham

5:30 P.M. DUCK RACE (Starts at 3<sup>rd</sup> E and the Portneuf River) “Ducks Float Away for Wellness”

Dusk ENTERTAINMENT / FIRE DANCERS AND DRUMMING (2<sup>ND</sup> EAST AND 1<sup>ST</sup> NORTH)