



## **SCHEDULE OF EVENTS**

The Wellness Festival will be held on May 5, 2018, at the Lava Hot Springs Community Center. There is no charge for admission. The Fun Run is \$5 for children under 12 and \$10 for all over 12. There are two distances: a five mile and one mile distance. The Festival is a day committed to overall well-being. Workshops and demonstrations featuring acupuncture, gyro kinesis, fermenting food, Solomon Training Systems, Brady's Plant Ranch, a Fun Run, & wellness oriented vendors.

<b>7:30-8:00 am:</b>	<b>FUN RUN REGISTRATION</b>
<b>8:00-8:30 am:</b>	<b>VENDOR SET UP</b>
<b>9:15-10:15 am:</b>	<b>WORKSHOP:</b> <i><b>GYRO KINESIS with LAURIE HEAD</b></i>
<b>10:45-11:45 am:</b>	<b>WORKSHOP:</b> <i><b>BRADY'S PLANT RANCH</b></i>
<b>12:15-1:15 pm:</b>	<b>WORKSHOP:</b> <i><b>FERMENTING FOODS with LYN MATTISON</b></i>
<b>1:45-2:45 pm:</b>	<b>WORKSHOP:</b> <i><b>ACUPUNCTURE with SCOTT PAULDING</b></i>
<b>3:15-4:15 pm:</b>	<b>WORKSHOP:</b> <i><b>SOLOMON TRAINING SYSTEMS</b></i>
<b>4:30-5:00 pm:</b>	<b>VENDOR CLEAN UP</b>

NOTE: Workshops are scheduled for 1 hour each and are open to the public at no charge. There will be a 30 minute break between workshops to enjoy the offerings of the vendors. Please be punctual as we will start on time. Space is limited.

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Visit <http://www.wellness.lavahotsprings.org/> for more.

Presented by the Greater Lava Hot Springs Chamber of Commerce  
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