

Omaha HEALTH, WELLNESS,

Omaha Civic Auditorium
In the Mancuso Convention Center
& the Exhibition Hall
17TH ST. & CAPITOL AVE

& FITNESS EXPO

The Mind, Body & Spirit Fair

APRIL 26-27, 2008

The Premiere Event for the City of Omaha & the Midwest that focuses on the Mind, Body & Spirit.

*** FREE ADMISSION ***

**Don't Miss
Keynote Address**

Saturday 10:00 AM

Dr. Tom Osborne

Saturday, April 26 - 11 am - 7 pm

Sunday, April 27 - 11 am - 5 pm

Saturday At The Omaha Civic Auditorium Arena 10:00 AM **Keynote Kickoff Speakers**

Dr. Tom Osborne



University of
Nebraska Athletic
Director
The Ornish Program,
Meditation, Yoga and
his views on staying
fit.

Miss Nebraska



Micaela Johnson, Actress,
Model and Dallas
Cowboy Cheerleader
Micaela wants to reach
out to adults and
children on the
importance of eating
healthy foods and
incorporating activity
into their daily routine.

**Reserve Your
Booth Space
Now!
Space Assigned
On A First-Come
First-Served
Basis!**

- Over 250 Exhibitors
- Over 50 seminars and demonstrations over two days.
- Walk event for a healthy lifestyle held at the show on Saturday, event starts and finishes at the Expo.
- Bicycle ride on Sunday, event starts and finishes at the Expo.

Saturday **Keynote** **SEMINARS**

**"21st Century Healthcare: A
Holistic Paradigm Shift"**

Dr. Patricia Ryan MD., CCN. Is the
founder of Alternatives, A
Center for Conscious
Health. She is a Certified
Nutritionist, Board
Certified in Family
Practice, and Board
Certified in Anti-Aging
and Regenerative medi-
cine.



1:00 PM

**Rhythmic Hormone Replacement:
Is it the Answer?**



T.S. Wiley
Medical Writer/
Researcher, Creator of
the Wiley Protocol a
natural hormone
replacement

3:00 PM

- Walk & Bike events in conjunction with Omaha's Most Healthy Company Challenge.
- Meet new customers and potential clients.
- Find out what is new in alternative medicine
- Omaha Health Expo is a unique community event that represents a multi-dimensional, complementary view of health & wellness.
- An interactive, educational event incorporating health, wellness, fitness, mind, body & spirit in the largest health expo in the Midwest.

For more information, see the web site or contact:

Omaha Health Expo, Bob Mancuso, Jr.

402-346-8003 * Fax 402-346-5412

E-mail: info@showofficeonline.com

OmahaHealthExpo.com - OmahaHealthandWellness.com

Newspapers
The West "Q" - The Midtown "Q"
The Sarpy Sun

NEWSRadio
1110 KFAB

The Reader

Heartland Healing

Sponsors: The Greater Omaha Sports Committee, Taste of Omaha, Fall Home & Garden Expo, Our Healthy Community Partnership, Alegent Health, Activate Omaha, Family Spectrum Magazine, Dex, Regency Lodge, New Realities, Humana Marketpoint, Tea Smith, Miller Brands of Omaha, Heartland React, Midlands Foot Specialist, Omaha Healing Arts Center, One Magazine, Eastern Nebraska Trails Network, Best Western Seville Plaza, Seattle Sutton's Healthy Eating, Panera Bread, Eastern Nebraska Office of Aging (ENOA), Evercare, Wellness Council of the Midlands, AARP—Nebraska, Our Healthy Omaha, Craft Lifestyle Management, Home Access Solutions, Omaha by Design, and National Safety Council

Sunday **Keynote** **SEMINARS**

"The World of Medical Intuition"



Caroline Sutherland,
Medical Intuitive.
Developing the Eyes of a
Medical Intuitive Medical
Intuition. Find Out What
Your Body Knows

12:00 PM

**"The pH Miracle for Weightloss,
Diabetes and All-around Good
Health"**



Robert Young PhD.,
D.Sc. in microbiology and
nutrition explains why
drugs, diets and our
medical systems don't
work. But proper nutrition
can.

2:00 PM

**"Care the way it is supposed to be
- person to person."**



Dr. Shawn Schmidt
The Natural Health
Center and its approach
on the Art of Health Care.
The health care of
tomorrow-today!

3:00 PM

**"How to feel better and stay positive
no matter what."**



Mary Kay Mueller
Author and Columnist she
dedicated her life to
helping people feel better
and live better. Her book
Taking Care of Me has
been translated into 3
languages

4:00 PM

and more ...

