

# SHEPHERD UNIVERSITY WELLNESS CENTER HEALTH FAIR 2018

02/24/18  
10 AM - 2 PM

## VENDOR LINE-UP

Alsaleh Dental Center	Norwex
American Red Cross	Nutritional Coaching, SUWC
Barefoot Health, Ayurvedic Health	Paws Crossed Dog Rescue
Counseling and Yoga	Pivot Physical Therapy
Briggs Animal Adoption Center	Primal Ascent
Come and Drum! Rhythm and Wellness	Rankin Physical Therapy
Community Garden Market	Sacred Roots Herbal Sanctuary
Coordinating Council for Independent Living	Shake-A-Whey
Climbing New Heights and Ascend Yoga	Shenandoah Community Health
DentaQuest Foundation	Shepherdstown Fire Department
dōTERRA Essential Oils	SUWC Aquatics
Good Vibes Sound Healing	SUWC Personal Training
Harpers Ferry Chiropractic and Physical	SUWC Straight Shot Training
Therapy Center, pllc	SU Department of Nursing Education
Intuitive Body Work for Women	SU Human Performance Lab
Isagenix	SU Physical Education Department
It Works!	Susan Grace Wisniewski Shepherdstown Reiki
Jefferson County Animal Welfare Society	Center
Jefferson County Parks and Recreation	Synergy Massage & Wellness
Jeri Parkinson, LMT	Take STOC
JOYFUL LIGHT REIKI	Team River Runner Shepherd
Kate Walsh, Massage Therapist	Tell Tail Pets
Keto United	Two Rivers Tread
Kyle Pullen Swing Dancing	UniCare Health Plan of WV
Magic 5 Pilates	Yamni Arts
Mary Kay	501st LEGION Corellia Garrison
Muscular Skeletal Therapies	

# ACTIVITY SCHEDULE

## ARENA 1

American Red Cross  
Hands-Only CPR Certification

10 am  
10:45 am  
11:30 am  
12:15 pm  
1 pm

## ARENA 2

Shepherd University Physical  
Education Department  
Obstacle Course

10 am - 2 pm

## POOL

Exercise as Medicine  
Aquatic Class with Suzy

10 am - 10:45 am

Team River Runner Shepherd  
Kayak Basic Skills and Rolling  
Clinic, Pick-up Kayak Football

11 am - 2:00 pm

## ROTUNDA

Josh the Otter Book Readings

10:45 am  
11:45 am  
12:45 pm

## MULTIPURPOSE ROOM 213

Happy Hour Yoga with Heather  
For ages 16 and up

10-11:00 am

Family Yoga with Chrissy  
For Ages 2 and up

11:15-11:45 am  
12:00-12:30 pm

## MULTIPURPOSE ROOM 215

Swing Dancing Lessons with Kyle

12:30 - 2:00 pm

## WEIGHT & FITNESS AREA

Straight Shot  
Training Workout

11 am - 12 pm

Animal Shelter Supply Drive

10 am - 2 pm

The Garrison Corellia of the 501st Legion will be collecting unopened and unused food, toys, and grooming and care supplies for cats and dogs.

Bring in your donations &  
take a picture with your  
favorite Star Wars character!

Also featuring Rebel Legion  
& Droid Builders!

