

WELLNESS

Grand Prize Drawing!

Give-Aways, Door Prizes!

FREE Grand Opening!
Sunday, Oct. 17
Noon - 4:30 pm

Milwaukee Public Market
Palm Garden
400 N. Water St.
FREE parking north of building
Great food for all tastes!

&
the Arts

Print and Bring this Page, Get 20% OFF Your InWellness Membership!

- 11:30 am--Music Makers violinists serenade people throughout the market
- Noon--Welcome by Jim Morningstar
- 12:15 pm--Music Makers concert
- 1:00 pm--"Authentic Listening," guitar and original songs with Ben Merens, WPR "At Issue" host
- 1:30 pm--"InWellness...Why Now?" with Jim Morningstar, Ph.D. and Leann Panek, RN, BSN, MA
- 2:00 pm--"Wellness and the Arts--A Powerful Synergy," with music educator and naturopath Jennette Cable
- 2:30 pm--Michelle Hatfield mother-daughter dance team
- 3:00 pm--Laughter Yoga with Beth Boeck, The Healing Space
- 3:30 pm--Call-and-response drumming with Yahmes Finlayson of One Drum fame
- 4:15 pm--Drawing for prizes and giveaways



Jennette Cable, ND, CTN, CCH, music educator and naturopathic doctor



Ben Merens, Wisconsin Public Radio Ideas Network "At Issue" host



Jim Morningstar, Ph.D., InWellness founder and integrative psychologist

INWELLNESS®



www.inwellesstoday.com

Throughout the Day--Our partner, North Shore Academy of the Arts hosts ongoing community art projects. InWellness providers exhibit on their specialties, including acupuncture, chiropractic, yoga and much more!

InWellness is the southeast Wisconsin healthcare network that partners with its members to bring them personalized wellbeing assessment, traditional and alternative treatment and community resources at a discount to maximize their health and wellbeing.

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Event Schedule

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Give-Aways, Door Prizes

Beth Boeck, The Healing Space on Main
T-shirt, tote bag and \$25 gift certificate

Deb Karpek
Gift certificate for one free Reiki session

Lenny Delvecchio, Transformations
One-hour breathwork or talk therapy session

Patricia Clason, Center for Creative Learning
Seminar certificates for the Successful Living seminar series--\$90 value

Jori Azinger, HeartSpace
2 certificates for free acupuncture sessions

Kindo Health Center
2 gift certificates for an acupuncture treatment and health assessment

The Healing Place
Certificates for massage, energy work and the Wholeness Class Series--\$100 value

Erica Zernzach, Get Centered, Core/El Centro
One initial acupuncture treatment

Anna Rychner, Life Waves
3 "Relax and Breathe" instructional CDs

Cheri Knuth, Get Centered
Gift Certificate for a one-hour Reiki session

Market Spice House--MPM Vendor
25 gift bags of assorted spices with medicinal properties

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NSAA 
North Shore Academy
of the Arts, Inc.