

Health & Wellness Fair

Presentation Schedule

Session 1: 11:00 a.m. - 11:35 a.m. | Session 2: 12:40 p.m. - 1:15 p.m.

The Connection Between Metabolic Health, Hormones, and Gut Health

Practical ways to support blood sugar, digestion, and daily habits that feel realistic for busy lives.

Presenter: Missy Proper, Authentic Wellness | Room: O-113 | Sessions 1 and 2

Identity and Mindset in Integration

Learn to recognize early signs of overwhelm and regulate your nervous system in real time. Gain tools to stay grounded, clear, and connected in high-demand environments.

Presenter: Cassandra Leffelman, CL Wellbeing | Room: O-119 | Sessions 1 and 2

Strength Training, Nutrition, and Healthy Aging

Discover why strength training becomes critical as you age and how to pair it with proper nutrition for lifelong health.

Presenter: Missy Pieters, FIRE Fitness | Room: O-205 | Sessions 1 and 2

Beyond the Crisis: Building a Long-Term Care Plan Before You Need It

Learn how to build a proactive long-term care plan that removes guesswork, protects assets, and helps families make informed decisions before care is urgently needed.

Presenter: Iva Thelen, Ideal Senior Living Solutions, LLC | Room: A-206 | Sessions 1 and 2

Stress Management

Using Ionic Detox Foot Baths, BEMER Therapy, IV Nutrient Therapy, and Infrared Saunas.

Presenter: Kelly Hall, Into the Woods Wellness | Room: O-113 | Sessions 1 and 2

Reiki, Sound Healing, and Spiritual Guidance

Experience supportive healing practices that promote relaxation, balance, and inner clarity.

Presenter: Kayla Phillips, Omkara Healing Center | Room: A-104 | Session 2 Only

Schedule and rooms are subject to change. Visit morainepark.edu/health-fair for up-to-date information.

April 28, 2026 | 10 a.m. - 4 p.m. | Fond du Lac | morainepark.edu/health-fair