

8-27-2013

Governors State University to Host Holistic Health Symposium

Office of Marketing and Communications

Follow this and additional works at: http://opus.govst.edu/press_releases

Recommended Citation

Office of Marketing and Communications, "Governors State University to Host Holistic Health Symposium" (2013). *Press Releases*. Paper 678.

http://opus.govst.edu/press_releases/678

This Article is brought to you for free and open access by the Marketing and Communications at OPUS Open Portal to University Scholarship. It has been accepted for inclusion in Press Releases by an authorized administrator of OPUS Open Portal to University Scholarship. For more information, please contact opus@govst.edu.

Date: August 27, 2013
Contact: Lindsay Gladstone
Governors State University
Phone: (708) 534-7090
Email: lgladstone@govst.edu

Community Announcement

Governors State University to Host Holistic Health Symposium

University Park, IL, August 27, 2013 - Discover the Power of Holistic Healing and Non-Traditional Health Therapies at the Holistic Health Symposium 2013 at Governors State University on September 7, from 10 a.m. to 3 p.m. The symposium is free and open to the public.

The Symposium features presentations by experts in various non-traditional therapies as well as demonstrations and exhibits. Attendees will have the opportunity to participate in Latin dance, belly dancing, and Zumba instruction. The following special presentations will also be offered:

“Taking Charge of Your Wellbeing with Yoga,” from 10:30 to 11:15 a.m., in Engbretson Hall - Demystify the practice of yoga with Nadine Kelly, M.D. Learn its definition and benefits, medical conditions that are alleviated; and how it can be modified for body types and ages. Demonstrations of breathing techniques, physical postures, and meditation/relaxation techniques.

“Emotional Freedom Technique,” 11:25 a.m. to 12:10 p.m., in Hall of Honors - Tom Masbaum discusses Emotional Freedom Technique (EFT), a unique form of “Psychological acupuncture” using the ancient Chinese meridian system to relieve psychological stress and physiological pain. EFT restores the balance of the energy system neutralizing conflicts at their source with a safe, easy to apply, and is non-invasive tapping procedure, which stimulates designated meridian endpoints on the face and body.

“Invest in your health with T’ai Chi,” 11:25 to 12:10 p.m., Cafeteria Annex – This is an internal system of martial arts designed for health. The National Institutes of Health recognizes T’ai Chi as a good form of Holistic Medicine. Some of the benefits include increase relaxation, develop inner and outer balance, control high blood pressure, mind/body harmony, and stress management.

“What is Iridology?” 12:20 to 1:05 p.m., Engbretson Hall - Learn about Iridology from Dr. Tony Koufos. Iridology, is the study of the changing patterns and markings in the iris to reveal emerging conditions in every part of the body and to identify inherited weaknesses that may lead to physical and emotional disorders.

“Chinese Medicine,” 1:15 to 2 p.m., Hall of Honors - This presentation by Dr. Bob Xu includes an introduction to Chinese medicine, and the diagnoses and treatment of diseases. American Chinese Medicine Association cases will be presented to illustrate its effectiveness.

“Animal Therapy as an Alternative Health Benefit,” 2:20 to 2:55 p.m., Engbretson Hall - Dorota Allen examines the history, practice sites, training, licensure and compensation of alternative therapeutic animal therapies. Presentation looks at therapeutic horseback riding for disabled children and adults and the use of dog therapy in Long Term Care facilities.

“Shamanic Energy Work,” 2:20 to 2:55 p.m., Hall of Honors – This presentation touches us on all levels of our being and can access information and healing that is changing our world. This work is a great compliment to psychotherapy, body work, personal growth and medical treatments.

The Holistic Health Symposium is sponsored by Student Life, College of Health and Human Services and Wellness Club. For more information, call 708.534.4551 or visit the

website at www.govst.edu/wellnessprograms . Governors State University is located at 1
University Parkway, University Park, Illinois.