

10•10•10
**will be an empowering
 and conscious day for all
 people in Springfield**

Keynote Speakers:

Kemia Sarraf, MD, MPH
 Founder/Director, genH Coalition
 "Healthy Kids Initiative"

Joyce Surbeck-Harris, PhD
 7 Feathers
 "7 Miracles of Healing"

Sr. Sharon Zayac, OP
 Jubilee Farm
 "Heal Earth, Heal Ourselves"

Linda Murphy, MA, RRT, RYT
 Director
 St. John's Hospital Center for Living
 "Health Redefined"

Also Featuring:

Mini Massage & Reiki Sessions
 42x42 Meditative Labyrinth
 Healthy Food Concessions
 Door Prizes
 Product Samples from Local Vendors

**Healthy
 Springfield
 Expo**
 10•10•10



**United in Healing for a
 Healthy Community**

Sunday October 10, 2010
10 a.m. - 4 p.m.
Illinois Building, Illinois State Fairgrounds
FREE ADMISSION

Our mission:
*To educate the community on
 the choices available for their journey
 to health and wellness.*

Featuring 30+ vendors and practitioners
www.Healthy-Springfield.org

Exhibitors:

- 5 Flavors Catering
- 7 Feathers
- American Lung Association
- Body Symmetry
- Capitol Radio Group
- Central Illinois Massage Therapists & Bodyworkers
- Crystal City Herbal Products
- Dance With Me Studios
- EarthBeat Healing Vibrations
- First Church of Christ, Science
- FitClub
- Fit50.com
- Fitness Together
- Food Fantasies
- Frisina Family Chiropractic
- genH Coalition
- Heartland Healing Arts Center
- Holistic Healthcare Alliance
- Holy Land Diner
- Illinois Stewardship Alliance/
Slow Food Springfield
- Indian Creek Farm
- Jubilee Farm
- Namaste Yoga Center
- Oak Tree Organics
- Physiotherapy Professionals
- R & M Cyclery
- Reiki Community Central Illinois
- Remember Perfection (Umedia)
- Rochester Chiropractic Clinic
- Springfield Running Center
- Springfield Triathlon Club
- Springfield Vegetarian Association
- SportsCare
- St. John's Hospital
- Unity of Springfield/Contemplative Outreach

SPONSORS

