

Friday

Room A (second level)

1:00pm “New Technology in Cataract Surgery”
Sharon Richens, MD, FFAO

2:00pm *Part I* “Immunize by 2...Vaccine pro’s” - Ruthann Adams, RN

3:00pm “Quit Smoking: You can do it! Time to Kick BUTTS for good! Helpful facts and tips for quitting.”
- Phil Holeling

4:00pm “Stress & Emotional Management without Medication”
- Daren Brooks, MS

5:00pm **“Fitness Breakthroughs”**
- Larry Scott

6:00pm “Healthy History” Minerals
- Leon Hall, RPH, DN

Room B (second Level)

“Host Response Modulation & Chemotherapeutic Agents”
- Mike Zaugg (SLC, UT)
For Dentists & Hygienists

“Colon Cleansing”
- Michael Maness

“Keeping Kids Healthy and Drug Free.”
- Roman Hentish, DC

“Pilates & Yoga for Strength” on the stage
- Sponsored by Red Mountain Spa

Saturday

8:00am 2K “Fun Run / Walk”
\$5 registration (includes T-shirt. Proceeds benefit 2004 Olympic athletes.

10:00am “Living life to the fullest with FIBROMYLAGIA”
- Brendon Gibb, DC (Phoenix, AZ)

11:00am “Fitness Breakthroughs”
- Larry Scott

12:00pm

1:00pm “Omega 3 & 6 your pain away”
- Peter Carr, DC (Seattle, WA)

2:00pm **“Live your Dreams”**
- Mary Beth Larson-Lagorashvili

3:00pm **Get Fit Contest**
on the stage...followed by the Grand Prize Drawing (must be present to win)

Continued Activities until 6:00pm

4:15pm “Natural treatments for Otitis Media or inner ear infection”

Event Committee



Dr. Jay Shetlin
Founder



Shannon Shetlin
Treasurer



Shalona Clark, LMT, CT
Event Coordinator



Lisa King, LMT, CA
Event Coordinator



Melissa Stringham, R.D.H.
Event Coordinator

Speakers



HENTISH

Roman Hentish, DC



HALL

Leon Hall, RPH, DN



CARR

Peter Carr, DC



SMITH

Kerri Smith, DO
Pediatrician



SCOTT

Larry Scott
*Mr. Universe
Mr. America
Mr. Olympia*



RICHENS

Sharon Richens, MD, FFAO



SHETLIN

R. Jay Shetlin, DC



LARSON-LAGORASHVILI

Mary Beth Larson-Lagorashvili, DC
*Ironman Triathlete
Olympic Athlete
2004 Olympic Medalist Hooper*



HOLELING

Phil Holeling



GIBB

Brendon Gibb, DC

Mike Zaugg
Diana Ayotte, CPCI

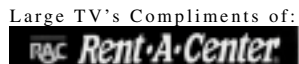
Ruthann Adams, RN
Daren Brooks, MS

...and more. The Natural Health and Fitness Expo has gathered some tremendous talent, near and far to help enlighten you with information to take your health to the next level!

For 2005 Info see: www.SUNH.info

2005 Continuing Education Credits will be available for MD, DC, DO, DDS, RN

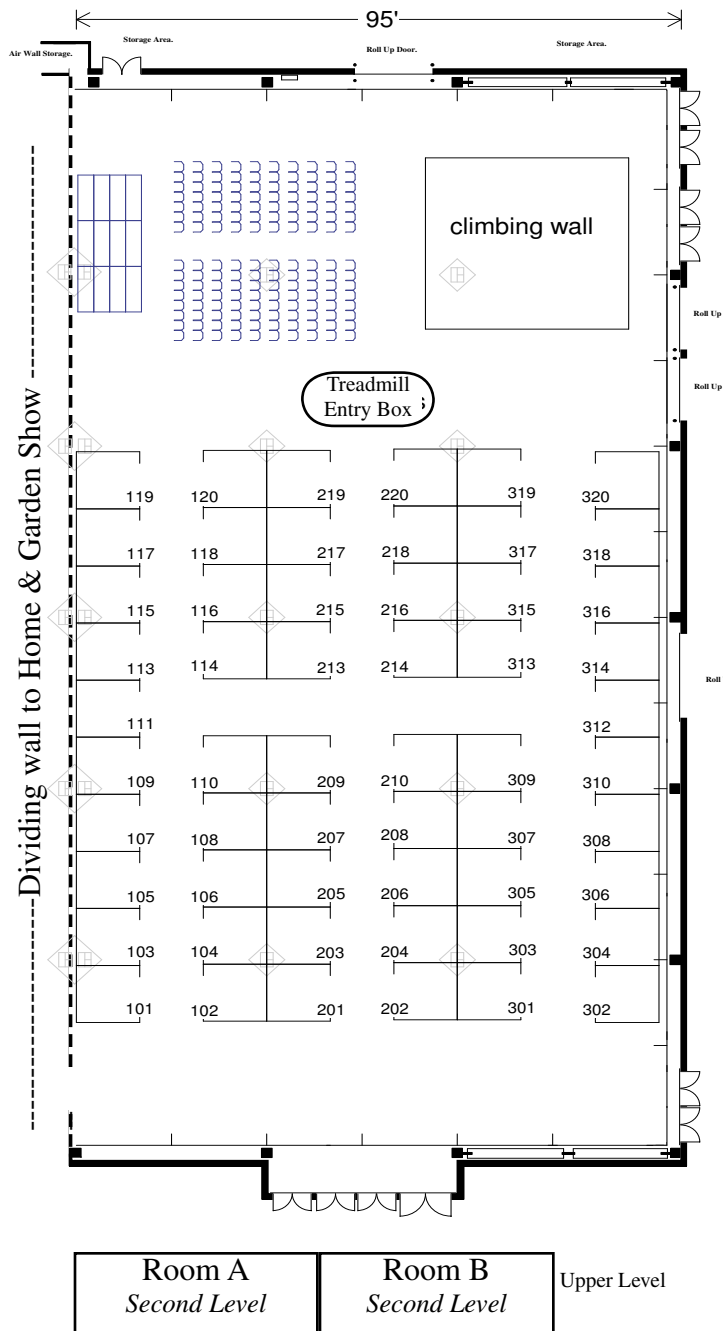
And Special Thanks to:



- 101 Saladmaster
- 102 Chiropractic USA
- 103 The Meadows
- 104 Coral Desert Health & Wellness
- 105 Eminence Management Consulting
- 106 Dr. Jeff Stewart
- 107 Sacred Ground
- 108 Hunt Vision Center
- 109 Rescue Alert
- 111 Contour Express
- 113 Unicity
- 114 Red Mountain Spa
- 119 Larry Scott

- 202 Sunset Dental
- 203 Sharon Richens, MD
- 204 Total Nutrition
- 205 Desert Bloom
- 206 Natural Healing and Wellness Center
- 207 SunRiver St. George
- 208 Grandma's Herbs
- 213 Pharmanex Bioscan
- 215 Synergy World
- 218 Weight Watchers
- 220 Rezults Fitness Center

- 301 Chamber of Commerce
- 302 Sweetwater
- 303 Curves
- 305 Suzen Scrubs
- 306 Legacy House
- 307 Arbon
- 308 Fun Unlimited, Inc.
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Special Thanks to our key sponsors:



"RACE THE ROCK"

Sponsors:



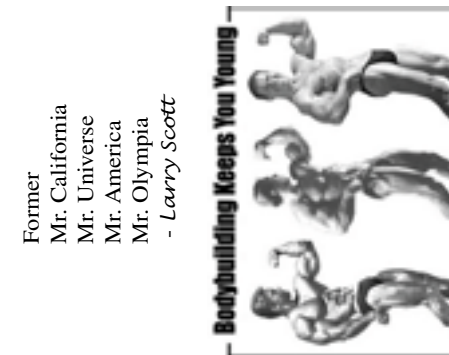
RACE THE ROCK

Door Prizes called out all day both days!
"Race the Rock" is a fun challenge against two other competitors for **FREE** dinner prizes from several local restaurants.

Grand Prize Sponsor:



Win Big!
 Fill out your
STAMP CARD
 Enter to win the
Grand Prize!
 an \$1100 Treadmill



Former
 Mr. California
 Mr. Universe
 Mr. America
 Mr. Olympia
 - Larry Scott

Featuring:



Olympic Pentathlete &
 2004 Olympic Medal
 Hopeful - Mary Beth
 Larson-Lagorashvili

2nd Annual

"SPRING INTO HEALTH"

Natural Health & Fitness Expo

Brought to you by:

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2004