



HAC PILATES STUDIO  
*Speaker 12PM*

NORTH END GYM - ELECTRICAL ALONG WALL

BOULEVARD PARK PLACE

HEALTHY COFFEE FOR A CAUSE  
*Speaker 10:00AM*

FREGGIES ORGANIC PRODUCE  
*Speaker 11:15AM*

XOCAI HEALTHY CHOCOLATE  
*Speaker 12:45PM*

ORGANIC SOLUTIONS  
*Speaker 11:15AM*

HEALING HANDS MASSAGE THERAPY & ASSOC

EAT.PLAY.BE  
*Speaker 10:30AM*

DERMATOLOGY OF SEATTLE

DAYSTAR RETIREMENT VILLAGE

ADVANCE PHYSICAL THERAPY & SPORTS REHABILITATION  
*Speaker 12:45PM*

ALKI FELDENKRAIS  
*Speaker 10:00AM*

MOSS CHIROPRACTIC

ADULT & PEDIATRIC MEDICINE  
*Speaker 1:30PM*

ORTHODONTICS BURIEIN

BEFFA DENTAL

MUD BAY

REN ACCUPUNCTURE & WELLNESS

MASS MUTUAL FINANCIAL GROUP

THE CENTER FOR WOMEN'S HEALTH

SCHICK SHADEL HOSPITAL  
*Speaker 10:30AM*

PACIFIC NORTHWEST ROLFING

BOBBY BOO BABY SERVICES

HIGHLINE COMMUNITY COLLEGE

HIGHLINE AUDIOLOGY

DON BAZEMORE INSURANCE AGENT

BNI - B-TOWN BUSINESS BUILDERS

Highline Athletic Club Membership

Highline Athletic Club Trainers & Group X

INTEGRITY COACHING & TRAINING SYSTEMS  
*Speaker 12:00PM*

LAKE BURIEIN PHYSICAL THERAPY  
*Speaker 10:00AM*

LARSON FAMILY MEDICINE  
*Speaker 10:30AM*

SHIBA - STATEWIDE HEALTH INSURANCE BENEFIT ADVISORS  
*Speaker 12:00PM*

NORMANDY PARK SENIOR LIVING

ONE EARTH NATURAL MEDICINE CLINIC

SEATTLE TAEKWONDO ACADEMY  
*Speaker 1:30PM* & EMERALD CITY SMOOTHIE

ISAGENIX

HIGHLINE THERAPY SERVICES

KARUNA ARTS YOGA STUDIO

THE TAG ZONE

NEW BALANCE CHIROPRACTIC  
*Speaker 12:45PM*

OPTIMARK EYE CARE

HEALING WIND MFR & BODYWORK

TAKE SHAPE FOR LIFE

RUDEY ORTHODONTICS

MERIDIAN HEALTH CENTER

BRYN KARLBERG LMP MASSAGE

KATHY NORDGREN ACUPUNCTURE  
*Speaker 1:30PM*

RODAN & FIELDS DERMATOLOGY

BONEKEATT MUSIC STUDIOS

ADVOCARE

COLLINS CHIROPRACTIC  
*Speaker 11:15AM*

LORI ROCK CHANGE FRONT

## SCAVENGER HUNT & DOOR PRIZE DRAWING

To qualify for the door prize drawing - **VISIT 10 OF THE VENDORS** & get their initial on your map to qualify for raffle ticket. Speakers equate to 3 initials. Fill up your map & exchange it for door prizes donated by the vendors and raffled throughout the day. You do not need to be present to win.



## HAC Health & Wellness Fair - Saturday, March 26th, 2011 10am-2pm

Highline Athletic Club -125 South 156th Street, Burien 206-246-9000 [www.highlineathleticclub.com](http://www.highlineathleticclub.com)

**Rodan and Fields Dermatologists** - Skin Care

**Kathy Nordgen** - Acupuncture - (*Speaker 1:30PM- Kathy Nordgren "Acupuncture & Spring Liver Cleanse"*)

**Beffa Dental**

**Orthodontics of Burien** - Dr. Jorge Peralta, DDS, PS - Orthodontics

**Adult & Pediatric Medicine of Burien** - Medical (Family/Dermatology) - (*Speaker 1:30PM- Dr. Kristine Brecht, MD "Wellness & Different skin health & anesthetic options"*)

**Bobbity Boo Baby Services**- Birth Doula & Cloth Diaper Store

**Alki Feldenkrais** - Feldenkrais (*Speaker 10:00AM- Erik Leseur "Less Pain, More Gain"*)

**Advance Physical Therapy** - Physical Therapy (*Speaker 12:45PM- Brad Bentley "The Painful Hip"*)

**Daystar Retirement Village** - Retirement - Assisted Living

**Dermatology of Seattle** - Dermatology & Aesthetics

**Eat.Play.Be** - Nutrition Coaching (*Speaker- Michelle Babb "Foods for healthy hormone balance"*)

**Healing Hands Massage Therapy & Associates** - Massage, Reflexology & Skin Care

**Highline Athletic Club Pilates Studio** (*Speaker 12:00PM- Scott Miller "Core Training"*)

**Boulevard Park Place** - Active Retirement Living

**Healthy Coffee for a Cause** (*Speaker 10:00AM- Penny Rosner "How to brew a great cup of coffee"*)

**Freggies Organic Produce** - Produce Delivery (*Speaker 11:15AM- Jerrod Sessler "Choose Your Way to Health"*) *Author of: Five Percent Chance. Overcoming Cancer & Disease.*

**Xocai Healthy Chocolate** - High Antioxidant Products (*Speaker 12:45PM - Jessica Peterson "Understanding Antioxidants, What they are? Why they are Important? How to get them?"*)

**Organic Solutions** - Whole Food Supplements -(*Speaker 11:15AM- Vee Drummond " Nutritional Supplements"*)

**Highline Therapy Services**

**Karuna Arts Yoga Studio**

**The Tag Zone**

**New Balance Chiropractic** - (*Speaker 12:45PM - Skylar Pond "Strength, Stress & the Spine"*)

**Optimark Eye Care**

**Healing Wind MFR & Bodywork** - Therapeutic Bodywork

**Take Shape for Life** - Health & Wellness - Health & Wellness Coach

**Rudey Orthodontics**

**Meridian Health Center** - Acupuncture & Massage Therapy

**Bryn Karlberg, LMP,** - Massage

**Collins Chiropractic** - (*Speaker 11:15AM- Dr. Collins "Turning the Power on Your Nervous System"*)

**Advocare** - Supplements and Nutrition

**Integrity Coaching & Training** - Life & Executive Coaching, Hypnosis NLP, Training - Personal Development Company (*Speaker 12:00PM- Patricia Eslava Vessey "Unlock your potential using hypnosis"*)

**Lake Burien Physical Therapy** - (*Speaker 10:00AM- Orit Hickman "An interactive Guide to Good Posture"*)

**Larson Family Medicine & Medical Aesthetics** - (*Speaker 10:30AM- Margaret Larson "Aging Beautifully"*)

**SHIBA**-Statewide Health Insurance Benefits Advisors via Senior Services- non profit (*Speaker 12:00PM- Don Berg "Medicare & Health Insurance options for WA. residents"*)

**Normandy Park Senior Living** - Assisted Living

**One Earth Natural Medicine Clinic** - Natural Health Clinic providing Naturopathic & Acupuncture & Nutrition's services

**Seattle Taekwondo Academy** (*Speaker 1:30PM- Scott Craig "Women's Self Defense"*)& Emerald City Smoothie

**Isagenix** - Nutrition

**Ren Acupuncture & Wellness**

**Mud Bay Inc** - Healthy Dog & Cat Food Supplies

**Mass Mutual Financial Group** - Insurance - Life, Disability, LTC

**The Center for Women's Health** - Women's Healthcare Clinic

**Schick Shadel** - Drug & Alcohol Addiction Hospital (*Speaker 10:30AM- Pat O'Day "How Can it Be?"*)

**Pacific NW Rolfing** - Rolfing Structural Integration

**Moss Chiropractic** - Chiropractic & Massage

**Highline Community College** - Education

**Highline Audiology** - Hearing Center

**BNI - B-Town Business Builders**

**Highline Athletic Club** - Trainers, Group X & Membership Services

**Don Bazemore** - New York Life Insurance Company