



For a Better, Healthier, Happier You!

17th Annual  
Omaha Health Expo  
April 13 -14, 2024  
Oak View Mall  
144<sup>th</sup> & West Center

## 2024 Omaha Health Expo Seminar List



Melissa Sherlock  
Certified Food for  
Life Instructor



Jeff Klein  
The Health &  
Wellness Center



Kristi Pederson  
Author



Jeff Quandt  
Bellevue Bicycle  
Club



Dr. Amillionara Davis  
ChiroLife

### SATURDAY, APRIL 13, 2024

#### 12:00 PM “Thoughts Toxins, and Trauma: How will you maintain your health?”

Presented by: Dr. Amillionara Davis of ChiroLife of Omaha

#### 1:00 PM “How Whole Food Plant-Based Nutrition Prevents and Fights Diabetes”

Presented by: Melissa Sherlock, Certified Food for Life Instructor and V.P. of Lifestyle Health Alliance

**2:00 PM "Interactive event revealing the transformative potential of sound and energy healing"** Presented by Jeff Klein of The Health & Wellness Center, Littleton, Colorado. Jeff is an internationally recognized sound and energy healer with a background in avionics and aerospace engineering. With over 20 years of experience in holistic health and wellness, Jeff integrates his technical acumen with diverse healing practices from Native American, Chinese, and Hindu traditions. He will demonstrate the intriguing link between our thoughts, emotions, and well-being, using his acclaimed Crystal Singing Bowl Concerts. These concerts are particularly effective in harmonizing brain activity, aligning energy centers, and alleviating stress.

Demonstrations will include elimination of pain on volunteers from audience using Sound and Energy as well as a tincture made from 108 different Chinese and Tibetan herbs, topically applied.

**3:00 PM “Buddha Maitreya Awaken the Soul Group Meditation.”** Presented by Ani Patty from Buddha Maitreya Soul Therapy Center of Omaha.

### SUNDAY, APRIL 14, 2024

**1:00 PM "What Does A Spiritual Journey Look Like?"**...finding your purpose in this crazy world. Presented by Kristi Pederson, Psychic Medium

**2:00 PM “Bicycle Safety and the ABC’s of Bicycle Maintenance”**

Presented by: Jeff Quandt of Bellevue Bicycle Club