



**15th Annual
Omaha Health Expo
March 26-27, 2022
The Center / Omaha Sports Complex
Just west of 144th & Giles Rd**

2022 Omaha Health Expo Seminar Sessions



Melissa Sherlock
Lifestyle Health
Alliance



Dr Jim Dickey
Align Integrated
Medical



Tonia Larsen
Simply Being
You



Kristi Pederson
Author



Brenda Herrod
New Leaf
Wellness



Dr Stephan Wilkinson
Platte River Foot and
Ankle Surgeons

SATURDAY, MARCH 26, 2022

Seminar Room 1

11:30 AM "Foot Health"

Presented by: Dr Stephan Wilkinson, DPM of Platte River Foot and Ankle Surgeons

12:30 PM "Young Living Essential Oils – God's Medicine"

Presented by: Tammy Struebing, of Young Living Essential Oils

1:30 PM "What is Happening in the World of Whole Food Plant-Based Nutrition"

Presented by: Melissa Sherlock, Certified Food for Life Instructor of Lifestyle Health Alliance

2:30 PM "Stepping into Being You – Simple Tools to Create more Joy and Ease in Your Everyday Life"

Presented by: Tonia Larsen, Certified Facilitator with Access Consciousness of Simply Being You

3:30 PM "Digestive Problems, Weight Gain & Hormone Issues"

Presented by: Dr Jim Dickey of Align Integrated Medical

4:30 PM "Buddha Maitreya - Awaken the Soul"

Presented by: Ani Patty of Buddha Maitreya Shambala Healing Tools

Seminar Room 2

12:00 PM "Importance of Quality Sleep – Optimizing Benefit for Your Longevity Sleep and Vitality"

Presented by: Kim Matney of iSleep

1:00 PM "Long Term Solutions to Your Pain"

Presented by: Brittany Kosmicki of MultiCare Medical

2:00 PM "Hearts and Minds Uplifted – The Power of Falun Dafa"

Presented by: Jianghao Wang of Nebraska Falun Dafa Association

3:00 PM "Natural Hormone Therapy"

Presented by: Brenda Herrod of New Leaf Wellness

3:30 PM "Digestive Problems, Weight Gain & Hormone Issues"

Presented by: Dr Jim Dickey of Align Integrated Medical

4:00 PM "Metabolic Services"

Presented by: CHI Health Clinics – Metabolic Services

SUNDAY, MARCH 27, 2022

Seminar Room 1

11:30 AM "Hearts and Minds Uplifted – The Power of Falun Dafa"

Presented by: Jianghao Wang of Nebraska Falun Dafa

12:30 PM "Stepping into Being You – Simple Tools to Create more Joy and Ease in Your Everyday Life"

Presented by: Tonia Larsen, Certified Facilitator with Access Consciousness of Simply Being You

1:30 PM "Young Living Essential Oils – God's Medicine"

Presented by: Tammy Struebing, of Young Living Essential Oils

2:30 PM "Metabolic Services"

Presented by: CHI Health Clinics – Metabolic Services

Seminar Room 2

12:00 PM "Digestive Problems, Weight Gain & Hormone Issues"

Presented by: Dr Jim Dickey of Align Integrated Medical

1:00 PM "Spirituality and the Paranormal"

Presented by: Kristi Pederson

2:00 PM "Buddha Maitreya - Awaken the Soul"

Presented by: Ani Patty of Buddha Maitreya Shambala Healing Tools

3:00 PM "Foot Health"

Presented by: Dr Stephan Wilkinson, DPM of Platte River Foot and Ankle Surgeons