



For a Better, Healthier, Happier You!

**16th Annual** Omaha Health Expo  
**March 25-26, 2023**  
**The Center / Omaha Sports Complex**  
*Just west of 144<sup>th</sup> & Giles Rd*

## 2023 Omaha Health Expo Seminar List



Melissa Sherlock  
Certified Food for  
Life Instructor



Maggie Hill  
Centropix USA



Mary Hiatt  
Futurity First



Kristi Pederson  
Author



Jeff Quandt  
Bellevue  
Bicycle Club



Dr Amillionara  
Davis  
ChiroLife of Omaha



Charity  
Schlabaugh  
LifeWave

### SATURDAY, MARCH 25, 2023

#### Seminar Room 1

**11:30 AM "Headaches & Stress: What's the Correlation"**

Presented by: Dr. Amillionara Davis of ChiroLife of Omaha

**12:30 PM "Medicare 101"**

Presented by: Mary Hiatt of Futurity First

**1:30 PM "What you need to know about Whole Food Plant-Based Nutrition"**

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

**2:30 PM "Bicycle Safety and the ABC's of Bicycle Maintenance"**

Presented by: Jeff Quandt of Bellevue Bicycle Club

**3:30 PM "Toxic Idealism, The False Narrative of Success in the Fitness Industry"**

Presented by: Abby Tyson of TKO Fitness

#### Seminar Room 2

**12:00 PM "TKO/5 - How to Unleash Your Superpower and Transform Your Life 90 Days at a Time"**

Presented by: Frank Miller of TKO Fitness

**1:00 PM "Advanced Wellness Technology"**

How Can You Protect Yourself & Optimize Your Wellness Anywhere You Go? CENTROPIX offers you a holistic wellness solution to take control of your energy, your balance, your quality of life, and your future.

Presented by: Maggie Hill of Centropix USA

**2:00 PM "End of Life Massage"**

Presented by: Rev. J. Maya Ravensong-Lawrence of Serenity Massage & Energywork Day Spa

**3:00 PM "The Newest Technology on Activating Your Own Stem Cells Using Photo-Therapy"**

Presented by: Charity Schlabaugh of LifeWave

**4:00 PM "Kill Stress Before Stress Kills You - How to Innovate Wellness Within Yourself and Your Workplace"**

Presented by: Michael Mazgaj of TKO Fitness

### SUNDAY, MARCH 26, 2023

#### Seminar Room 1

**11:30 AM "You vs You - How Unlocking Your Healthiest Self Will Lead to Longevity at Any Age"**

Presented by: Kim Howard of TKO Fitness

**12:30 PM "Know More, Now – What is Direct Access Testing?"**

Presented by: Pete Larson of Xceed Testing

**1:30 PM "Medicare 101"**

Presented by: Mary Hiatt of Futurity First

**2:30 PM "How to Unlock Your Growth Mindset and Achieve Ambitious Goals"**

Presented by: Victoria Starks of TKO Fitness

#### Seminar Room 2

**12:00 PM Be a part of the "Meathead Test Kitchen LIVE"**

Meet Sadie and Sausha, recording their podcast at the Omaha Health Expo while you learn more about the world of fitness and nutrition to help make it a whole lot less scary.

**1:00 PM "Spirituality and the Paranormal"**

Presented by: Kristi Pederson

**2:00 PM "Bicycle Safety and the ABC's of Bicycle Maintenance"**

Presented by: Jeff Quandt of Bellevue Bicycle Club

**3:00 PM "The Newest Technology on Activating Your Own Stem Cells Using Photo-Therapy"**

Presented by: Charity Schlabaugh of LifeWave