



**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



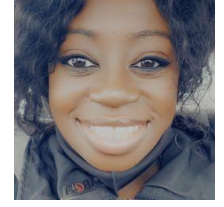
Mary Hiatt  
Futurity First



Kristi Pederson  
Author



Jeff Quandt  
Bellevue Bicycle  
Club



Dr Amillionara Davis  
ChiroLife of Omaha

### 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

#### Seminar Room 2

**1:00 PM “Advanced Wellness Technology”**

How Can You Protect Yourself & Optimize Your Wellness Anywhere You Go? CENTROPIX offers you a holistic wellness solution. This is your chance 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

### SUNDAY, MARCH 26, 2023

#### Seminar Room 1

**1:30 PM “Medicare 101”**

Presented by: Mary Hiatt of Futurity First

#### Seminar Room 2

**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