

**WMRMC's Fifth Annual Community Health Symposium
Schedule of Breakout Sessions**

Presenter	Session 1 10:25—11:10	Session 2 11:20—12:05	Session 3 1:30—2:15	Session 4 2:25—3:10
Dr. Scott Hamblin & Eileen Furman, RN, MS, CFNP	Passport to Better Health			
Cindy Howell	Are you Dreaming of a Good Nights Sleep?	Are you Dreaming of a Good Nights Sleep?		
Mike Hauser	Ten Steps for Planting a Successful Garden	Ten Steps for Planting a Successful Garden		
Karen Warnick	Reflexology, Healing the Body through the Sole	Hands-on Practice of Reflexology	Reflexology, Healing the Body through the Sole	Hands-on Practice of Reflexology
Dr. Thomas Bigham	Weight Loss Strategies for Success	Weight Loss Strategies for Success	Weight Loss Strategies for Success	
Dr. David Greenberg		Addiction Treatment		
Dr. Cathy Taylor		Eating Healthy with a Busy Lifestyle		
Dr. Carla Rotering		The Mind-Body Connection	The Mind-Body Connection	
Dr. Winslow McNeill			Chiropractic & Acupuncture: An Energetic Approach to Health & Wellness	Chiropractic & Acupuncture: An Energetic Approach to Health & Wellness
James Womack, Drug Task Force			The Changing Face of Drug Abuse	The Changing Face of Drug Abuse
Tawny Crosby, LMT			Swedish Massage	Swedish Massage
Dr. James Sielski TBA				
Carol Golby-Saunders				Yoga for Heart, Wellness and Common Ailments