



KNOWLEDGE2ACTION PROGRAMS	DESCRIPTION
Everything Ergonomics	Event
Effective Ergonomics	Lecture/ Workshop
Enhancend Touch	Lecture/ Workshop
Blackberry Bionics	Station
Tech Neck	Station
Vision Vigor	Station
Shrug It Off	Station
Massage	Program, Station, Lecture, workshop
Chair Massage	Program, Station, Event
Acupuncuture	Program, Station, Event, Workshop, Lecture
Zero Balancing	Program, Station, Event, Workshop, Lecture
Foot Reflexology	Program, Station, Event, Workshop, Lecture
Mind Over Metatarsals	Station, Event
Right Foot Forward	Medical Lecture,
Pain Free Pit Stop	Station, Event
Meditation	Station, Event
Meditation	Station, Event
Guided Meditation	Station, Event
Hand Reflexology	Station, Event
Aromatherapy	Station, Event, Workshop, Lecture
Eldercare	Station
Back Me Up	Station, Event, Workshop, Lecture
Asthma & Allergy	Medical Lecture, screenings
Oxygen Olympics	Stations, Events, screenings
Lung Health	Medcial Lecture, screenings
Skin Deep	Medical Lecture, stations,screenings
Gastrointestinal	Medical Lecuture, Stations, screenings
Spine Align	Stations, Events
Understanding Strokes	Medical Lecuture, Stations, screenings
Total Health	Medical Lecuture, Stations
Exercise Physiology	Medical Lecture, stations
Healthy Hair	Medical Lecture, Stations
Prostate Cancer Health	Medical Lecture, Stations, screenings
Toxic Pharmacology	Medical Lecture, stations
Dental Health	Medical Lecture, stations, screenings,
Heart Healthy	Medcial Lecture, stations, screenings
Cholesterol and You	Medical Lecture, stations, screenings
Metabolisim	Medical Lecture, Stations, screenings
First Aid Training	Workshop, training
CPR Training	Workshop, training
Herbal First Aid	Workshop, Stations
Osteoporosis and Bone Health	Medical Lecture, Workshop, Screening
Lipid Management	Medical Lecture, Screenings, Stations
Diabetes Prevention Strategies	Medical Lecture, screenings, stations
Women and Exercise	Medcial Lecture, Stations, Workshops, Events

Pregnancy and Weight	Medical Lecture, Stations, Workshops, events
Edible and Medicinal Plants	Lecture, Station, Event
Bach Flower Remedy	Lecture/Workshop Station, Event
Juicy Jumpstart	Station, Event
Tisane Tea Tasting	Station, Event, Workshop, Lecture
Turn On, Tune In, Drop Out	Workshop, Event, Station
Balancing East & West	Lecture/ Workshop, Station, Event
Take This Not That	Station, Event
Eat This Not That	Station, Event
Yoga	Station, Event, Program, Workshop
Pilates	Station, Event, Program, Workshop
Yoga Acrobats	Station, Event, Program, Workshop
Hypnosis	Station, Event, Program Workshop
Oxygen Olympics	Stations, Event, Lecture,
Fitness 101	Station, Event, Program, Lecture, Workshop,
100 Mile Challenge	Station, Event, Program, Lecture, Workshop,
Stride Clinic	Station, Event, Program, Lecture, Workshop,
Boxing Clinic	Station, Event, Program, Lecture, Workshop,
Biking Clinic	Station, Event, Program, Lecture, Workshop,
Active Isolated Stretching	Station, Event, Workshop, Lecture
Fitness Assessments	Station, Event, Workshop, Lecture
Strenght Training	Station Event, Workshop, Lecturre
Body Mechanics and Sports	Station, Event, Workshop, Lecture
InSpaRation	Station, Event, Workshop, Lecture
Nurtrition Programs	Stations, Events, Workshops, Lecture
Weekend Warrior Sports Massage	Station, Events, Workshops, Lecture, Program
The Back Series	Station, Events, Workshops, Lecture, Program
Tai Chi Clinic	Station, Event, Workshop, Lecture, Program
Pilates for Health	Station, Event, Workshop, Lecture, Program
Pilates and Injury Rehabilitation	Station, Event, Workshop, Lecture, Program
Core Pilates	Station, Event, Workshop, Lecture, Program
Kick Start	Station, Event, Workshop, Lecture, Program
Tri-Athalon training for beginner	Station, Event, Workshop, Lecture, Program
Tri-Athatlon	Station, Event, Workshop, Lecture, Program
Fencing	Station, Event, Workshop, Lecture, Program
Self Defense	Station, Event, Workshop, Lecture, Program
Fitness Fashion Show	Station, Event,
Ki Hara	Station, Event, Workshop, Lecture, Program
Akido	Station, Event, Workshop, Lecture, Program
Martial Arts for Health and Fitness	Station, Event, Workshop, Lecture, Program
Managing Stress	Station, Event, Workshop, Lecture, Program
Mindful Meditation	Station, Event, Workshop, Lecture, Program
Sleep Tight	Station, Event, Workshop, Lecture, Program
Urban Green Thumb	Station, Event, Workshop, Lecture, Program
Weekend Backpacker	Station Event, Workshop, Lecturre
Bird Watching	Station, Event, Workshop, Lecture
Drum Circle	Station, Event, Workshop, Lecture
Inside Out	Station, Event, Workshop, Lecture
Whistles While you Work	Station Event, Workshop, Lecture
Poker Face	Station, Event, Workshop, Lecture
Puzzle Mania	Station, Event, Workshop, Lecture
Your Brain on Music	Station, Event, Workshop, Lecture
Go!! Skill and Strategy	Station, Event, Workshop, Lecture, Program
Chess Medevil Competition	Station, Event, Workshop,
The Brain and Nutrition	Station, Event, Workshop
Memory Power and Cards	Station, Event, Workshop
Ping and Pong You Shoulder to Relax	Station, Event, Workshop, Program
Golf Clinic	Station, Event, Workshop

Ultimate Dodge Ball
Scuba Diving
Kayaking
Rock Wall Climbing
Front Porch Series
Celestial Seasonings:
Healthy Assessments

Station, Event
Station, Event, Workshop, Program
Station, Event, Workshop, Program
Station, Event, Workshop, Program
Station, Event, Workshop, Program
Station Event, Workshop
Station, Event, Workshop