



# Health & Wellness Expo

**Friday, October 2, 2009**

2:00 p.m.—8:00 p.m.

**Saturday, October 3, 2009**

10:00 a.m.—5:00 p.m.

Oakland University - East Campus  
Shotwell-Gustafson Pavilion  
Rochester, Michigan

Visit over 50 local businesses that are focused on your health and well-being, fitness and sporting passions.

- *Brooksie Way Memorabilia*
- *Sports apparel and equipment*
- *Medical professionals*
- *Gym & fitness centers*
- *Nutrition and healthy food options*
- *Sports drinks and vitamins*
- *Chiropractors and massage therapist*
- *Cosmetic and beauty supplies*
- *Running/walking training programs*
- *Community organizations*
- *Health educational opportunities*
- *Oakland County services, departments and quality of life amenities*

Experts will offer interactive presentations throughout the day about fitness, health and nutrition.

*See schedule on reverse side.*

# Speaker Schedule

## Friday, October 2, 2009

- 5:00 p.m. Bill Rogers  
Boston & NYC Marathon  
Winner & Running expert
- 6:00 p.m. Shoe Clinic  
Brooks Apparel
- 7:00 p.m. Going for the Gold.  
Self hypnosis and the  
mind/body connection.  
Michigan Institute of  
NeuroDynamics (MIND)

## Saturday, October 3, 2009

- 11:00 a.m. Wellness Activities for  
Racers. Vita, wellness  
center at Henry Ford West  
Bloomfield Hospital
- 12:00 p.m. Nutrition for Runners -  
Cooking Demonstration  
with Frank Turner,  
Executive Chef, Henry Ford  
Health Systems
- 1:00 p.m. Bill Rogers  
Boston & NYC Marathon  
Winner & Running expert
- 2:00 p.m. Shoe Clinic  
Brooks Apparel
- 3:00 p.m. Wellness Activities for  
Racers. Vita, wellness  
center at Henry Ford West  
Bloomfield Hospital