

KAPAYAPAAN WELLNESS FAIR – MAY 21, 2023

MORNING SCHEDULE

| TIME | FRONT PATIO | FRONT GARDEN | LOBBY | KOR ROOM Pelvic Health | ADMIN Dental Room | MULTIPURPOSE ROOM (MPR) | CONFERENCE ROOM | COURTYARD | | | |
|----------|--|---|---|---|---|---|---|--|---|--|---|
| 8:00 am | REGISTRATION | Om Chanting & Kirtan Deva Tanner | GMA7 Cable Viewing on TV | Pelvic Health Discussions (Youth & Adults) 8:00 – 11:00 am | Dental Check Denture Adjustment Dr. Lourdes Capulong Dr. Eddie Cecilio Dr. Israel Navarro Dr. Ruben Santana 8:00 – 11:30 am | Cotabato Pre-Colonial Art Exhibit Knights of Rizal | | | | | |
| 8:15 am | Health Checks & Screening Philippine Nurses Association of Southern California (PNASC) w/ PNASC West LA Chapter | The Art of Chanting & Kirtan Deva Tanner | | | | | | Conversations to Reconnect with Our Wholeness – Prevention of Caregiver Burnout Melissa Shepherd-Williams, LMFT 8:15 – 9:00 am | | | |
| 8:30 am | | | | | | | | | | | |
| 8:45 am | | | | | | | | | | | |
| 9:00 am | All Day | All day | | | | | | | | | |
| 9:15 am | NOTE: Both registration and health checks/screening are required for active participation. | | | | | | | | | Conversations to Reconnect with Our Wholeness – A Healing Conversation Melissa Shepherd-Williams, LMFT 9:15 - 10:00 am | Martial Arts for Wellness: The Mind/Body Connection Guro Celina T. Duffy 9:00 – 9:45 am |
| 9:30 am | | | | | | | | | | | |
| 9:45 am | | | | | | | | Martial Arts for Wellness: The Mind/Body Connection Guro Celina T. Duffy 9:45 – 10:30 am | | | |
| 10:00 am | | | | Pelvic Health Workshop: Children & Guardians Charmaine Clamor, MPT & Mary Rosenberg, PT, CLT-LANA 10:00 – 11:00 am | | | | Food Set-up 10:00 – 11:00 am | | | |
| 10:15 am | | | | | | | | | | | |
| 10:30 am | | | | | | Cotabato Limestone Pre-Colonial Art Exhibit Knights of Rizal | | Continuum of Health Care Dr. Evelyn Andamo 10:30 – 11:15 am | | | |
| 10:45 am | | | | | | | | | | | |
| 11:00 am | | | Pelvic Health Breakout Sessions Mary Rosenberg, PT, CLT-LANA 11:00 – 11:45 am | Pelvic Health Breakout Sessions Charmaine Clamor, MPT 11:00 – 11:45 am | | | | Healthy is Yummy/ Food as Medicine Yey Coronel 11:00 – 11:30am | All of Us Research & Community Awareness Mindy Ofiana, RN, MSN 11:15am – 12nn | | |
| 11:15 am | | | | | | | | | | | |
| 11:30 am | | | | | | | HEALTHY LUNCH SERVICE 11:30am – 1:00pm | | | | |
| 11:45 am | | | | | | | | | | | |
| 12:00 pm | | | Lunch Break Please proceed to the Conference Room to get your free healthy lunch, then proceed to the Courtyard to eat your lunch. | | | | | | | | |

All Day Booths:

1 – Art Expression (Jessie Marcus)

3 – Mindfulness Meditation & Yoga (Lupe Carranza)

2 – Reiki/EFT/Chair Massage & Shamanic Healing (Julia & Yeshua McGranaham)

4 – Herbs & Teas for Overall Wellness (Jessica Smith)

5 – Painting for Wellness (Cesar De Vera)

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AFTERNOON SCHEDULE

| TIME | FRONT PATIO | FRONT GARDEN | LOBBY | KOR ROOM/ Pelvic Health | ADMIN Dental Room | MULTIPURPOSE ROOM (MPR) | CONFERENCE ROOM | COURTYARD | |
|---------|--|---|---|--|---|---|--|--|--|
| 12:00pm | REGISTRATION | <p style="text-align: center;">Lunch Break</p> <p style="text-align: center;">Please proceed to the Conference Room to get your free healthy lunch, then proceed to the Courtyard to eat your lunch.</p> | | | | | LUNCH SERVICE 11:30am – 1:00pm | KWF Greeting C. Clamor | |
| 12:15pm | Health Checks & Screening | | | | | | | CD 13 Laila Molina | |
| 12:30pm | Philippine Nurses Association of Southern California (PNASC) | | | | | | Cotabato Limestone Pre-Colonial Art Exhibit Knights of Rizal | | PCGLA Consul Levi Malaylay |
| 12:45pm | w/ PNASC West LA Chapter | | | | | | | | Writing Circle: Body, Mind, Spirit: Write to Heal Bella Mahaya Carter 1:15 – 3:15 pm |
| 1:00pm | All day | Om Chanting & Kirtan Deva Tanner | Pelvic Health Discussions (Youth & Adults) | Dental Check | Denture Adjustment Dr. Lourdes Capulong Dr. Eddie Cecilio Dr. Israel Navarro Dr. Ruben Santana | Understanding Alzheimer's Disease Velma Yep, DNP, MSN, GNP-BC 1:30 – 2:15pm | Martial Arts for Wellness: The Mind/ Body Connection Guro Celina T. Duffy 1:30 – 2:15 pm | | |
| 1:15pm | NOTE: Both registration and health checks/screening are required for active participation. | The Art of Chanting & Kirtan Deva Tanner | Pelvic Health Workshop: For Adults Charmaine Clamor, MPT & Mary Rosenberg, PT, 1:15 – 2:15 pm | 1:00 – 4:00 pm | | | | Alzheimer's Disease: Clinical Trial Participation Velma Yep, DNP, MSN, GNP-BC 2:30 – 3:15pm | Martial Arts for Wellness: The Mind/ Body Connection Guro Celina T. Duffy 2:15 – 3:00 pm |
| 1:30pm | | | Pelvic Health Breakout Sessions Mary Rosenberg, PT, CLT-LANA 2:15 – 3:00 pm | Pelvic Health Breakout Sessions Charmaine Clamor, MPT 2:15 – 3:00 pm | | Joyful Boogie Lynn Jordan 3:00 – 3:45 pm | | | |
| 1:45pm | | | Dental Presentation Ruben Santana, DDM, DDS 3:00 – 4:00 pm | Pelvic Health Discussions (Youth & Adults) | | | | | |
| 2:00pm | | | | | | | | | |
| 2:15pm | | | | | | | | | |
| 2:30pm | | | | | | | | | |
| 2:45pm | | | | | | | | | |
| 3:00pm | | | | | | | | | |
| 3:15pm | | | | | | Cotabato Limestone Pre-Colonial Art Exhibit Knights of Rizal | | | |
| 3:30pm | | | | | | | | | |
| 3:45pm | | | | | | | | | |
| 4:00pm | <p style="text-align: center;">Everyone is requested to go to the Courtyard for the Sound Bath, our final offering for you to receive good energies and special blessings.</p> | | | | | | | | |
| 4:15pm | | | | | | | | Sound Bath Nora Keyes & Elf Freedom 4:15 – 5:00 pm | |
| 4:30pm | | | | | | | | | |
| 4:45pm | | | | | | | | | |
| 5:00pm | *** END *** | | | | | | | | |

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