

**HEALTHY LIVING EXPO  
SEMINAR SCHEDULE  
FRIDAY, OCTOBER 23**

<b>TIME</b>	<b>MEETING ROOM A</b>	<b>MEETING ROOM B</b>	<b>MEETING ROOM C&amp;D</b>	<b>MEETING ROOM E</b>
<b>6:00 p.m.</b>	“Oh My Aching Back” presented by Saint Vincent Hospital	“How to Select a Home Improvement Contractor” presented by Lee Hettinger, Ass’t Attorney General and Nancy B. Cahalen, BBB President & CEO	N/A	N/A
<b>7:00 p.m.</b>	“How the Internet Can Help with Healthcare Needs” presented by Just Ask a Nurse	“Home Energy Solutions for Old & New” presented by Tom Hawkins Building & Design	N/A	N/A

**HEALTHY LIVING EXPO  
SEMINAR SCHEDULE  
SATURDAY, OCTOBER 24**

<b>TIME</b>	<b>MEETING ROOM A</b>	<b>MEETING ROOM B</b>	<b>MEETING ROOM C&amp;D</b>	<b>MEETING ROOM E</b>
<b>10:00 a.m.</b>		10:30 a.m. “How the Internet Can Help with Healthcare Needs” presented by Just Ask A Nurse		Kid’s Zone sponsored by Bounce Youth Fitness
<b>11:00 a.m.</b>	“Is Weight Loss Surgery Right for You?” presented by Saint Vincent Hospital	“529--How to Save for Education” presented by Andrew Wilkin of Wells Fargo Advisors	Giguere Gymnastics Gymnastics Demo	Kid’s Zone sponsored by Bounce Youth Fitness
<b>12:00 p.m.</b>	“Weight Loss & Maintenance--Tips for Success” presented by Auburn Weight Loss	“Caring for Your Body Through Chiropractic Care and Nutrition” presented by Highland Family Care	Giguere Gymnastics Kung Fu Demo	Kid’s Zone sponsored by Bounce Youth Fitness
<b>1:00 p.m.</b>	“Change of Life” presented by Saint Vincent Hospital	“How Pilates Works to Change Your Body” presented by Core Connection Pilates & Fitness	Soccer Clinic presented by Play Soccer	Kid’s Zone sponsored by Bounce Youth Fitness

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SATURDAY, OCTOBER 24**

<b>TIME</b>	<b>MEETING ROOM A</b>	<b>MEETING ROOM B</b>	<b>MEETING ROOM C/D</b>	<b>MEETING ROOM E</b>
<b>2:00 p.m.</b>	“Elbow Injuries” presented by Saint Vincent Hospital	“Choosing a Licensed Contractor and What to Do When Something Goes Wrong” presented by Jacqui Chandler and Estee Ormont of the Office of Consumer Affairs	Dance Demo presented by Paula Zawalich Dance Academy	Kid’s Zone sponsored by Bounce Youth Fitness
<b>3:00 p.m.</b>	“Acupuncture--An Affordable Treatment for What Ails You!” presented by Central MA CAN	“Easy Ways to Fit Exercise Into Your Daily Life” presented by Core Connection Pilates & Fitness	“Dance Lessons for Everyone” presented by Paula Zawalich Dance Academy	Kid’s Zone sponsored by Bounce Youth Fitness
<b>4:00 p.m.</b>	“How the Internet Can Help with Healthcare Needs” presented by Just Ask A Nurse	“Common Injuries in the Pediatric Athlete” presented by Saint Vincent Hospital	Soccer Clinic presented by Play Soccer	Kid’s Zone sponsored by Bounce Youth Fitness
<b>5:00 p.m.</b>	“Weight Loss & Maintenance--Tips for Success” presented by Auburn Weight Loss	“Choosing a Licensed Contractor and What to Do When Something Goes Wrong” presented by Jacqui Chandler and Estee Ormont of the Office of Consumer Affairs	Dance Demo presented by Paula Zawalich Dance Academy	Kid’s Zone sponsored by Bounce Youth Fitness
<b>6:00 p.m.</b>	“Acupuncture--An Affordable Treatment for What Ails You!” presented by Central MA CAN	“Home Energy Solutions for Old & New” presented by Tom Hawkins Building & Design	Kung Fu Demo presented by Giguere Gymnastics	Kid’s Zone sponsored by Bounce Youth Fitness

**HEALTHY LIVING EXPO  
SEMINAR SCHEDULE  
SUNDAY, OCTOBER 25**

<b>TIME</b>	<b>MEETING ROOM A</b>	<b>MEETING ROOM B</b>	<b>MEETING ROOM C/D</b>	<b>MEETING ROOM E</b>
<b>11:00 a.m.</b>	11:30 a.m. "How the Internet Can Help with Your Healthcare Needs" presented by Just Ask A Nurse		11:30 a.m. Kung Fu Demo presented by Giguere Gymnastics	Kid's Zone presented by Bounce Youth Fitness
<b>12:00 p.m.</b>	"Shoulder Injuries" presented by Saint Vincent Hospital	"Home Energy Solutions for Old & New" presented by Tom Hawkins Building & Design	Soccer Clinic presented by Play Soccer	Kid's Zone presented by Bounce Youth Fitness
<b>1:00 p.m.</b>	"Medical Issues & the Aging Process" presented by Saint Vincent Hospital	"Caring for Your Body through Chiropractic Care & Nutrition" presented by Highland Family Care	Dance Demo presented by Paula Zawalich Dance Academy	Kid's Zone presented by Bounce Youth Fitness
<b>2:00 p.m.</b>	"How the Internet Can Help with Your Healthcare Needs" presented by Just Ask A Nurse	"Rollovers--Ways to Maximize Retirement Savings" presented by Andrew Wilkin of Wells Fargo Advisors	Dance Presentation by Paula Zawalich Dance Academy	Kid's Zone presented by Bounce Youth Fitness
<b>3:00 p.m.</b>			Gymnastics Demo presented by Giguere Gymnastics	Kid's Zone presented by Bounce Youth Fitness
<b>3:30 p.m.</b>			Dance Demo presented by Giguere Gymnastics	Kid's Zone presented by Bounce Youth Fitness closes at 4:00 p.m.