



12TH Annual
WELLNESS

Saturday, April 29, 2023
11:00 AM - 4:00 PM

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GEORGIAN COURT UNIVERSITY

THE MERCY UNIVERSITY OF NEW JERSEY

Welcome everyone!

Three years ago, most of us experienced the pandemic for the first time in our lives. Some of us saw a long dark tunnel, while others saw a beam of light. Regardless of our initial view of the situation, I hope we all realized how unhealthy we all are as a nation, and simultaneously how resilient we humans are. Did we learn anything new from the pandemic? I hope so.

I hope you absorb all the beauty and wonder that nature provides during this spring season. Immerse yourself in the 125-year history of this campus, which began as the private estate of George Jay Gould before being transformed into a women's college led by the Sisters of Mercy. Georgian Court University has its Master Plan to further enhance the physical layout of the campus while preserving its historical and natural beauty.

Wholehearted gratitude is being sent to everyone who has worked to make this annual event possible.

Enjoy your day at GCU by visiting our exhibit hall, which features a variety of health and wellness strategies, practices, and products; or attending a free lecture, workshop, or activity session outdoors. Raffle proceeds will be used to support our students going to regional and national conferences and for enhancements of GCU's integrative health and exercise science programs.

Thank you for visiting us! Please come back again and again!

Sachiko Komagata, Ph.D., PT, NBC-HWC, ACSM-CEP

*Program Director of Integrative Health/Associate Professor,
Department of Integrative Health & Exercise Science*

Artists' Statements (Cover Design)

My name is Sabrina Halk, and I am a first-generation sophomore at Georgian Court University. I am pursuing my BFA in Graphic Design & Multimedia with a concentration in graphic design. I am an active leader in organizations on campus such as GCU's Global Lions, Art Club, Board of Trustees, and the Women In Leadership Development program. This project was very rewarding, with the effort Joe and I put in, and I am happy our collaboration shows both of our artistic styles. It has been an honor to be able to work on the cover design for the Wellness Expo. 2023! Thank you, Dr. Komagata, for allowing me to be a part of this project design while I am abroad studying in England! Hope everyone has a fantastic time at the event!

My name is Joseph Sette, and I am currently a junior here at Georgian Court University. I am majoring in Graphic Design & Multimedia with a concentration in the graphics field. Sabrina and I are honored to be able to participate in this year's Wellness Expo. with our own personal cover. We worked hard to come together with a stylistic and modern design that everyone could enjoy. I think the final product brings a great unification of both our styles and techniques. I would like to personally thank Dr. Kim, Dr. Komagata, and the other faculty who helped and assisted in Sabrina's and my production of the cover art. I hope everyone has an amazing and enlightening time at the Wellness Expo. 2023!

PRESENTATION SCHEDULE

30 min. Workshops – Casino Ballroom

11:00 – 11:30 AM



The Power of Creating Your Life Consciously Susan Carabello

The audience will have the opportunity to hear an in-depth look at how our awareness of life can greatly impact the choices we make. It includes discussion of self-talk, self-esteem, and how our thoughts can influence our goals and successes in life.

Susan Carabello is a Manifestation, Mindset, and Empowerment Coach who helps individuals develop strong self-worth and confidence by learning to love their inner self through mindset changes. She was trained at Beautiful You Academy.

11:30 AM – 12:00 PM



Your Divine Desires & The Inner Child Within Nicole Amaturio, MA

The desires of our heart are the seeds that Life planted within us to guide us to blossom. Instead, we become who we think we “should” be to be loved. Let’s take some time together to connect to your truth and create all that you dream of to finally go after the desires of your heart, while taking your inner child within you along for the ride.

Nicole is the founder and owner of Nicole Amaturio LLC. She is a mentor, writer, speaker, facilitator, and podcast host of “BE-ing Human: with a lot more ease,” and is featured on Worthy.com. She holds a B.A. in Education and Psychology and a Master of Arts degree in

Integrative Health from Georgian Court University

12:00 – 12:30PM



Injury prevention for runners Kayla Rosenberg, DPT

Join us for an interactive workshop on strategies to prevent and manage common running injuries and take your running to the Next Level. Hosted by Dr. Kayla Rosenberg, this workshop is perfect for runners of all levels.

Dr. Kayla Rosenberg is a physical therapist of Next Level Physical Therapy and Wellness located in Spring Lake, NJ. She graduated from Columbia University in 2016 with a Doctor of Physical Therapy. She has a passion for keeping her community healthy, active, and pain-free!

12:30 – 1:00 PM



Discovering the Key to Aging Gracefully and Nourishing

Your Body with Comfortable Dietary Choices

Vincent C. W. Chen, Ph.D., GCU Assistant Professor of Exercise Science

Are you ready to learn the secrets to living a long, healthy, and happy life? Join us for an engaging talk on the fascinating science of healthy aging! Discover how to maintain your physical and mental well-being so you can continue to do the things you love, cherish the people you care about, and make the most out of each day. We’ll also show you how to enjoy your favorites without compromising your health. Don’t miss this opportunity to discover the key to aging gracefully and nourishing your body with comfortable dietary choices!

Dr. Vincent Chen is an assistant professor of exercise science at Georgian Court University. He holds a Ph.D. in Health and Kinesiology from Texas A&M University. His research focuses on the physiological adaptation of exercise and nutritional interventions. In 2010, he received the Michael Pollack Award from the American College of Sports Medicine (ACSM) for his research on how dietary lipids improve health in the elderly with exercise training.

PRESENTATION SCHEDULE

Casino Ballroom

1:00–1:30 PM



Habits: How Do We Develop the Good and Rid Ourselves of the Bad? Jennifer Cacciarelli, Cand. MA, NBC-HWC, AFAA/NASM-PT

Habits are the key to changing our actions: eating behaviors, exercise routines, weight loss, managing stresses, and building happiness in our lives. Come learn steps to rewrite your future.

Jennifer Cacciarelli is a national board-certified health and wellness coach, certified exercise specialist, and wellness educator who holds a BA in psychology, a Master's in Integrative Health (May 2023), and is currently pursuing a certificate in Applied Positive Psychology at the University of Pennsylvania. Jennifer's passion is empowering individuals to achieve optimal wellness and the highest quality of life. She is the founder and owner of Health and Wellness Rx.

1:30–2:00 PM



Developing an Achievable Vision for Your Life Lori Nixon, Ph.D.

This workshop will teach participants how to enhance their dreams and vision for their future. Participants will learn how to identify habits that have been holding them back from actualizing their dreams and develop a plan to renew and refocus their minds. Attention will be placed on developing personal, professional, and health/wellness goals using a vision board method.

Dr. Lori Nixon Bethea, PhD, LPC, NCC, ACS, is a Licensed Professional Counselor & Assistant Professor of Psychology and Counseling at Georgian Court University. She has over 16 years of experience in the field of mental health and is the owner of Intentional Hearts Counseling Services based in Oakhurst, NJ. Her expertise has been featured in Nationally renowned publications.

2:00–2:30 pm

The Power of Divine Timing Joy Yascone Elms, MA ('11)



You will learn about the Power of Divine Timing™ technique, which is the sign-by-sign guide based on the wisdom of the stars that predicts 10+ years into the future. It is based on what Joy has founded as The Twelve Divine Blessing Seasons and Twelve Divine Challenge Seasons.

Joy Yascone Elms, MA is an expert astrologist and author and founder of The Power of Divine Timing. Joy has coached hundreds of clients to success in career, love, marriage, and business, utilizing The Power of Divine Timing™ technique.

2:30–3:00 PM



Kanpumasatsu: Self-Massage with a Dry Towel to Enhance Relaxation and Immune Functions

Sachiko Komagata, Ph.D., PT, NBC-HWC, ACSM-CEP, GCU Chair/Associate Professor, Department of Holistic Health & Exercise Science

In this workshop, you will learn what kanpumasatsu is and how it can be incorporated into your self-care routine to enhance relaxation and immune functions. Kanpumasatsu was commonly practiced in Japan as a health-promoting strategy. It is a superficial self-massage using a dry towel that you can learn easily. Let's practice it together.

Sachiko Komagata is a Certified Wellness Coach, a Certified Clinical Exercise Physiologist (American College of Sports Medicine), a licensed physical therapist, and an associate professor of integrative health and the program director of Integrative Health, the Department of Integrative Health and Exercise Science at Georgian Court University.

3:00–3:30 PM



Four Steps to a Better Life: The Big Four Process Anthony De Canto, DC

This NEW healing art is specifically geared towards unveiling the subconscious mind. By grouping human conditions into four distinct modalities- spiritual, mental, emotional, and physical, it is possible to discover and clear each individual block for a BETTER LIFE.

The Big 4 Process is a healing art developed by Dr. Anthony De Canto, a chiropractic physician who holds a doctorate degree in medical humanities. Dr. De Canto has been in practice for over 40 years and recently published a book, "Four Steps To A Better Life," which summarizes research and highlights of this new healing art.

3:30–4:00 PM



Making and Bottling Kombucha Teresa Maltz

Participants will learn to make Kombucha, a fermented beverage with numerous health benefits. There will be an introductory lesson on making kombucha and each participant will bottle their own kombucha. There's a nominal fee of \$3 which includes two 16 oz. bottles, kombucha starter, and materials for flavoring the kombucha. (Limited to 12 participants.)

Teresa Maltz is an avid gardener and teacher who loves to give back to the community. She has worked as an Educator for years and has been a registered Horticultural Therapist through the American Horticultural Therapy Association since 2008. Her diverse background includes psychology, education, holistic health, aromatherapy, and environmental activism.

ACTIVITY SESSIONS

Casino Front Lawn (or Casino Stage)

11:00 – 11:30 AM



Tai Chi Easy™ Melinda Applegate

Please join this moving meditation to bring about vitality, longevity, and peace of mind. Tai Chi Easy™ is a method and approach to Tai Chi and qi, life force energy cultivation. It is developed by Dr. Roger Jahnke, O.M.D. No previous experience is necessary. Come celebrate World Tai Chi and Qigong Day with this activity.

Melinda Applegate, CMT is a Qigong & Tai Chi Instructor, and AOBTA Certified from the Santa Cruz Chi Center in California. For over 20 years she has introduced many students of Qigong and Tai Chi to the flowing art of this beautiful martial art practice. She is also a Tai Chi Practice Leader Certified by Dr. Roger Jahnke. Melinda can be reached at 707-357-4632 or <https://www.flowingqigong.com/>

ACTIVITY SESSIONS

Casino Front Lawn (or Casino Stage)

11:30 – 12:00 PM



Soulful Release Pam McKnight, RYT 500, CPYT

In this class, we will breathe, move, and rejuvenate our bodies and minds while incorporating some pranayama (breathwork), physical movement as well as savasana (final relaxation). This class will be beginner-friendly but geared towards all levels of yogi with more advanced yoga practitioners being challenged with additional techniques that will be offered.

Health and wellness have always been a huge part of Pam's life. However, yoga has provided a foundation for Pam to approach life in a positive, balanced, and healthy way. In 2013, she pursued her first yoga instructor certification to share the gift of yoga through teaching. Everyone can benefit from the healing powers of yoga. She believes that yoga teaches us that everything we need is already within.

12:00 – 12:30 PM



Remo Health Rhythms Deborah Kehoe, *Founder of Mindfulness, Movement, and Music*

Remo Health Rhythms is a research-based wellness program aimed at stress reduction, peer support, engagement, creativity, inclusion, and achievement. Come play and experience the power of the drum to relax, energize, and heal. We will use hand drums, which can create states of euphoria, promote play, release anger, pain or stress, and promote feelings of community, unity, and well-being.

Deborah is an English, Special Education, and Social Emotional Learning teacher, pursuing her Masters in Integrative Health at GCU. She also holds teacher/facilitator certifications in Mindfulness, Sound Therapy/Healing, Remo Health Rhythms, Qoya, Qi Gong, and Yoga. She is a Reiki Master/Teacher and a Shamanic practitioner.

1:00 – 1:30 PM



Qigong Darren Orr, D.M.Q., *Doctor of Classical Chinese Medicine*

This brief demonstration of Qigong, an ancient Chinese healing art, science, and health care system, is the perfect opportunity for those who are curious to try the practice. Qigong is a great self-cultivating practice for anyone to promote healing, a sense of well-being, and stress reduction. The demo is open to everyone; you do not need previous qigong experience to join in. Come join us for a great time!

Dr. Darren Orr is a doctor of classical Chinese medicine in medical qigong therapy. He is also a Daoist priest, nationally certified massage therapist, Reiki and Qigong master, meditation teacher, and sound healer. Dr. Orr is an A to Z practitioner specializing in life-altering illness, palliative care for the terminally ill, bereavement services for family, cancer, PTSD, fibromyalgia, addiction, mental/emotional imbalances, chronic pain and stress management, as well as preventative medicine.

2:00 - 2:30 PM



Poundfit exercise program for all ages, no experience necessary

Nancy Brunicardi

A 30-minute exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using lightly weighted drumsticks (that will be provided) engineered specifically for exercising, Poundfit transforms drumming into an incredibly effective way of working out.

Nancy Brunicardi has been a fitness professional for 13 years and an instructor for eight. She is the creator of the A.I.M. (An Independent Me) balance and core class. Nancy is an Integrative Nutrition Health Coach, a Certified Personal Trainer through AAI, a Certified Fitness Nutrition Specialist through NASM, a previously certified Jazzercise Instructor, and is certified in four levels of Poundfit. She graduated from the Institute of Integrative Nutrition in 2018.

2:30 - 3:00 PM



All Level Power Class (Yoga)

Audrey Kate, RYT 200, Yoga 6 at Ocean Plaza

This Vinyasa yoga class is for all ages and experience levels. It encompasses your strength-building, full-body blasts designed to build focus, endurance, and flexibility. You will move at a steady pace to keep your practice fluid, creative and energizing. It facilitates breakthroughs in your body and mind, so count on leaving with a sense of energy and empowerment.

Audrey Kate, RYT 200 has been teaching yoga for 8 years. She focuses on creating a safe space for yoga practitioners to breathe, stretch, and grow. She came to realize the true benefits of knowing and loving your body, and living each moment mindfully, both on and off the mat.

3:00 - 3:30 PM



Intro to Pilates Kim Dennison at Club Pilates Howell

This Pilates session is for teens and up (14 & up). All fitness levels are welcome! Kim's Mat routine will include Roll downs, Russian twists, teasers, clam shells, single and double leg stretches, planks and side planks, and side leg series.

Kim's Pilates journey began when she experienced a severe back injury caused by a serious car accident. Her pain management doctor recommended Pilates to heal her body. She fell in love with the practice, as her body had never felt better. She realized she wanted to help other people feel better and achieve fitness goals. She hopes to pass this positivity on to you.

SAVE THE DATE

Japanese Tea Experience

May 7th, 2023, 2-4pm at the Mansion & Japanese Tea Garden

Join us for our semi-annual event introducing Japanese tea ceremony, culture, and tradition.

<https://www.eventbrite.com/e/japanese-tea-experience-public-tickets-577735541557>

Integrative Health Summer Conference

Thursday, August 10th, 4:30 pm • FC202

Come join the graduating M.A. in Integrative Health students as they present their original research and projects. Since 2004, integrative health graduate students have been required to offer this open-to-the-public presentation session before graduation.

Integrative Health Day Retreat
October 21, 2023, 9-3pm • The Mansion
Visit georgian.edu/event to learn more.

Stroll for Connection
Once a month on Friday, 10am-12:30pm

Join us for our monthly intergenerational activities at Casino Ballroom and outdoors.
Visit Georgian.edu/event/stroll-for-connection/ to learn more.

GCU HEALTH ACADEMIC PROGRAMS

GCU INTEGRATIVE HEALTH PROGRAMS

These programs focus on the study of principles and techniques that ensure mastery of content and competence in mind-body-spirit integration, quality of life, and complementary (traditional) health care. Coursework is based on a scientific foundation and a philosophical paradigm that includes both Eastern and Western approaches to health. The programs provide the framework for students to develop a personal philosophy based on holistic principles related to physical, social, mental, spiritual, and emotional well-being. Opportunities are provided to explore choices within integrative health that affect human connectedness and encourage respect and cooperation with others and with the environment.

Offerings:

- ▶ M.A. in Integrative Health (in-person and 100% online)
- ▶ Graduate GCU Certificate in Integrative Health
- ▶ Undergraduate Minor in Integrative Health
- ▶ Undergraduate Certificate in Integrative Health

GCU EXERCISE SCIENCE PROGRAM

The B.S. in Exercise Science, Wellness, and Sports from Georgian Court University gives you the foundation needed to evaluate health behaviors and risk factors, motivate others to develop healthy lifestyles, and develop wellness programs. GCU's program offers concentrations in pre-physical therapy, pre-occupational therapy, pre-physician assistant, and coaching that can prepare you for graduate school in a variety of health-related fields. Related minors in sports management, integrative health, business administration, psychology, or one of the natural sciences let you customize the program to meet your career aspirations.

GCU HEALTH SCIENCES PROGRAM

The B.S. in Health Science at Georgian Court University

Careers in the health sciences are among the fastest-growing professions nationwide. A B.S. in Health Sciences from Georgian Court University makes you marketable to employers and prepares you for challenging coursework after college. Graduates will be ready to achieve in medical imaging, clinical laboratory science, genetic counseling, physical therapy, occupational therapy, and much more. It is also a great option if you are pre-med, pre-dental, pre-podiatry, or pre-physician assistant.

GCU partners with Hackensack Meridian Health for internships and other experiences where you will learn from working professionals. Practical work in the field, combined with what you learn on campus, prepare you for rigorous training—and career success—after you leave GCU.

GCU HEALTH PROFESSION STUDIES PROGRAM

The B.S. in Health Science at Georgian Court University

Careers in the health sciences are among the fastest-growing professions nationwide. A B.S. in Health Sciences from Georgian Court University makes you marketable to employers and prepares you for challenging coursework after college. Graduates will be ready to achieve in medical imaging, clinical laboratory science, genetic counseling, physical therapy, occupational therapy, and much more. It is also a great option if you are pre-med, pre-dental, pre-podiatry, or pre-physician assistant.

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If you are interested in these programs, please contact:

Mike Wortley, PhD, CSCS

Associate Professor in Exercise Science/Chair of the Department of Integrative Health & Exercise Science
732-987-2475

Sachiko Komagata, Ph.D., PT, NBC-HWC, ACSM-CEP

Program Director of Integrative Health/Associate Professor/Director of Advising, Department of Integrative Health & Exercise Science
732-987-2663



ACKNOWLEDGMENTS

Thank you for sharing your passion, time, and effort through this Wellness Expo! We would like to acknowledge the following individuals and organizations that have been critical parts of GCU's 12TH Annual Wellness Expo experience.

All the visitors

All the volunteers for their generous time and support

All the students completing their service learning through this event

All the exhibitors, especially those who offered raffle gifts and free services

All the presenters for their passion and expertise

Sabrina Halk & Joseph Sette, Graphic Design students, for developing the program cover art

Sabrina and Joe's advisor and instructor, Dr. Jinsook Kim, associate professor and chair of the Department of Graphic Design and Digital Media, who fostered and guided very talented graphic design students this year

Alison Lagerquist and Amanda McCarthy, of the GCU Office of Conferences and Special Events

GCU Security, Housekeeping, Office of Information Technology, and Facilities

GCU Dining/Catering Service staff for making our catering order possible

Ethan Andersen and his team at Princeton Strategic Communications for this program production and event promotion

Jennifer Cacciarelli and Jackie Anderson for the event promotion and planning

Rich Berardi for his timely support of webpage development

Maria Colon, Maureen Kotusky, and Jerred Thompson, GCU Office of Graduate and Continuing Studies Admissions

Dept. of IH and ES colleagues, Drs. Joshua Burns, Vincent Chen, and Mike Wortley for sharing their expertise and passion for promoting health and wellbeing

Tracey Saliski '10, '12, a dedicated creator of the first Wellness Expo at GCU

Trader Joe's, Broth Masters for their generous gift to this event





GCU INTEGRATIVE HEALTH PROGRAMS

- ▶ M.A. in Integrative Health (in-person and 100% online)
- ▶ Graduate GCU Certificate in Integrative Health
- ▶ Undergraduate minor in integrative health
- ▶ Undergraduate certificate in integrative health

GCU EXERCISE SCIENCE PROGRAM

- ▶ B.S. in Exercise Science, Wellness, and Sports
- ▶ Health and Physical Education Concentration with
- ▶ Teacher Certification program
- ▶ Pre-Physical Therapy track
- ▶ Pre-D.P.T. U of Sciences track
- ▶ Pre-Occupational Therapy track
- ▶ Pre-Physician Assistant track
- ▶ Undergraduate minor/concentration/certificate in coaching
- ▶ Undergraduate minor in exercise science, wellness, and sports

GCU HEALTH SCIENCES PROGRAM

- ▶ B.S. in Health Sciences

GCU HEALTH PROFESSION STUDIES PROGRAM

- ▶ B.A. in Health Profession Studies


JANIE ABREU

GENERAL MANAGER

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EXHIBITOR LIST

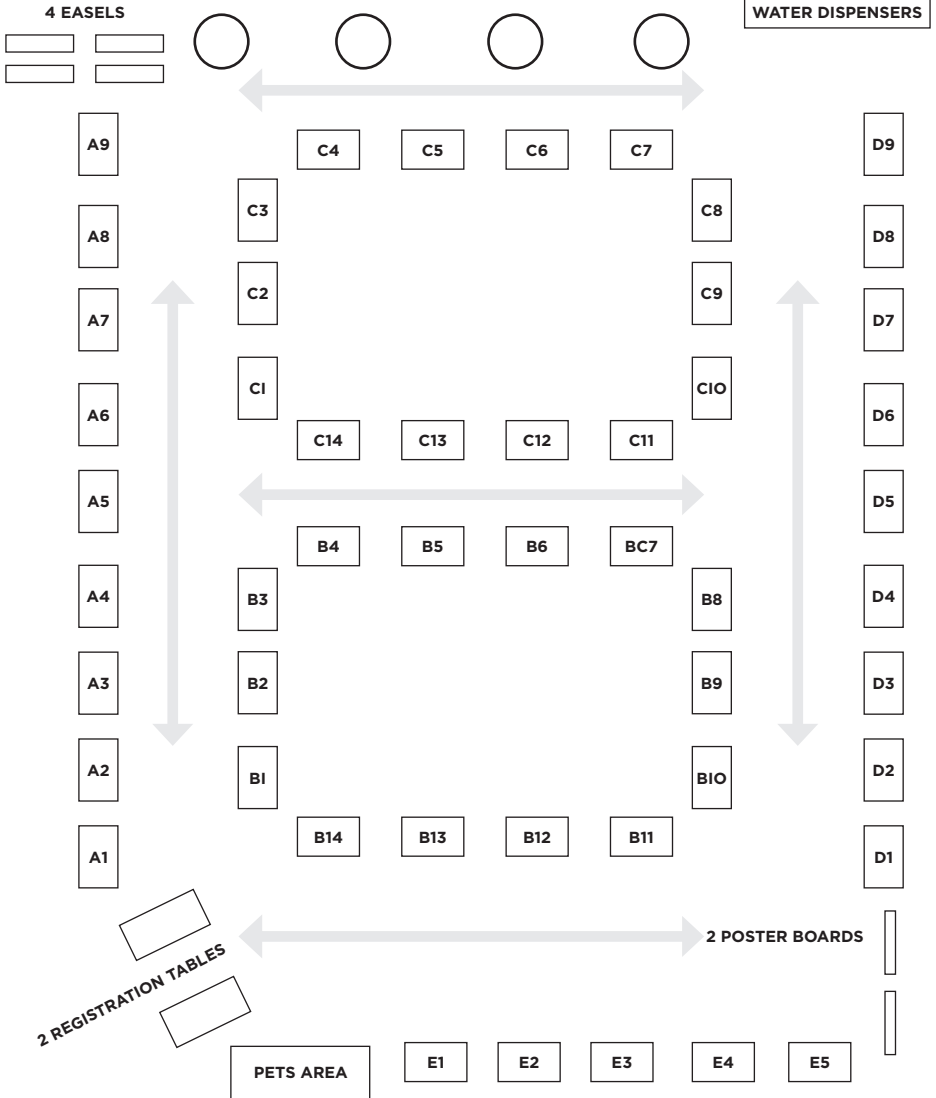
BUSINESS NAME	TABLE
Monmouth Pain & Rehabilitation.....	A1
Irene Tysh, Holistic Health Consultant	A2
“Treat Yourself”.....	A3
Infinite Healing and Wellness	A4
High & Grace.....	A5
Calm 'n Sense Therapy	A6
Yoga Six Ocean Plaza	A7
Soul Sister Collective.....	A8
VNA Health Group.....	A9
GCU Graduate Admissions.....	B1
Next Level Physical Therapy and Wellness	B2
Energy USA.....	B3
Intentional Hearts Counseling Services.....	B4
NJCUITS Don't Smoke!.....	B5
NJ DOL Temporary Disability Insurance.....	B6
TBD	B7
Rock 'n Art.....	B8
Yoga del Soul	B9
TBD.....	B10
CFC Loud N Clear	B11
Beads by Rob.....	B12
Linum Home Textiles	B13
Relevant Wellness	B14
The Center for Conscious Caregiving	C1
Poundfit of Brick	C2
Ms. Paula Organic Elderberry.....	C3
Four Steps to A Better Life.....	C4
Ascend Hospice.....	C5
Rutgers Master Gardeners.....	C6
Wonderful World of Crystals.....	C7
Logical Health 21.....	C8
A to Z Wellness Solutions, LLC	C9
Club Pilates.....	C10
A Study Publishing, LLC	C11
GCU Social Work.....	C12
GCU Chapter Student Veterans of America	C13
The Power of Divine Timing – Joy Yascone Elms.....	C14
Beyond Holistic Healing	D1
North Dover Chiropractic Wellness.....	D2
Healing Sound Experience	D3
Remedy.....	D4
Theadora Malfetti	D5
Nicole Amaturio Inner Child & Shadow Work Mentor.....	D6
Sunkeyong	D7
ENoetic Press.....	D8
Mind and Mane, Inc.	D9
TBD	E1
Bonum Aqua, LLC	E2
Cierra Organics	E3
Regina Rosenthal, PT, LLC.....	E4
The Angel Heaven Inc.....	E5
PetS.....	Entrance
Research Posters	
Art Display	

EXHIBITOR MAP

RAFFLE ITEMS DISPLAY ON STAGE

RAFFLE DRAWINGS AT 1 PM & 3 PM

All donated gift items are displayed on the stage or on a round table. Please deposit your ticket with your name and phone number in a bag in front of each raffle item. If the winner representative is not present physically to claim the raffle item, we will re-draw.



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Georgian Court University does not discriminate in its recruitment and admission of students, regardless of gender, race, creed, color, religion, age, national and ethnic origin, sexual orientation, disability, or veteran status.