

Wellness Day Speaker Schedule

11am-4pm

- 11:00 Poison Control-How to Prevent Poisonings-by a Poison Control Specialist
- 11:15 Chiropractic Therapies for a Healthier Child-by a Chiropracter
- 11:30 Baby Sign Language-by Sign Language Instructor
- 11:45 The Best Toys to Advance Development- by Developmental Specialist
- 12:00 Break
- 12:15 Car seat Safety
- 12:30 Importance of Whooping Cough Vaccination for Adults-by Vaccine Specialist
- 12:45 Benefits of Breastfeeding-by a Registered Nurse
- 1:00 How to Safely give your Children Medications-by a Pharmacist
- 1:15 Speech and Language Development-by Developmental Specialist
- 1:30 How to Best Take Care of Your Kids' Teeth-by Pediatric Dentist
- 1:45 Childhood Obesity-by a Dietician
- 2:00 How to Pick Out a Reliable Babysitter
- 2:15 Implementing Family Wellness and Nutrition-by a Nutritionist
- 2:30 Suncare and Winter Care for Our Children's Skin-by a Dr. Amy Slear
- 2:45 Natural Remedies to Cure Common Childhood Ailments-by Dr. Rubin
- 3:00 Natural Approaches to Allergies-by an Acupuncturist
- 3:15 Break
- 3:30 Approaches to Improve the Eating of Picky Eaters