

health and wellness expo near me

Health and Wellness Expo Near Me: Find Your Path to a Healthier You

Are you searching for ways to boost your well-being and discover new approaches to a healthier lifestyle? Feeling overwhelmed by the sheer volume of information out there? Then you've come to the right place! This comprehensive guide will help you find the perfect health and wellness expo near me, providing you with the tools and resources to navigate the exciting world of wellness events in your local area. We'll explore everything from how to find these expos to what you can expect to gain from attending. Get ready to discover a wealth of information and unlock your potential for a happier, healthier you!

Unlocking the Power of Local Health and Wellness Expos

Attending a health and wellness expo near me is more than just browsing booths; it's an immersive experience designed to empower you on your health journey. These expos bring together experts, practitioners, and businesses dedicated to holistic well-being, offering a unique opportunity to:

Discover New Wellness Practices: From yoga and meditation to aromatherapy and nutritional counseling, you'll encounter a diverse range of approaches you may not have considered before.

Expos are a fantastic way to broaden your horizons and discover practices that resonate with you.
Sample Products and Services: Many expos offer free samples of healthy foods, drinks, and beauty products. You can also try out different services like mini-massages or acupuncture sessions. This hands-on experience allows you to make informed decisions about what aligns with your needs and preferences.

Network with Experts: Connect directly with healthcare professionals, wellness coaches, and other experts in the field. Ask questions, get personalized advice, and build valuable connections that can support your long-term well-being.

Find Local Resources: Discover local businesses, practitioners, and community organizations dedicated to promoting health and wellness in your area. This creates a supportive network within your community, making it easier to maintain healthy habits.

Save Money: Many expos offer discounted services, products, and workshops, providing a cost-effective way to explore different aspects of wellness. Keep an eye out for special offers and promotions.

How to Find a Health and Wellness Expo Near Me

Now that you understand the benefits, let's explore how to actually find a health and wellness expo near me. Here's a step-by-step guide:

1. **Use Online Search Engines:** Start by performing a simple search on Google, Bing, or other search engines using keywords like "health and wellness expo near me," "wellness fair [your city/state]," or "holistic health event [your zip code]." Be specific with your location to refine

your results.

2. **Check Event Listing Websites:** Websites like Eventbrite, Meetup, and Facebook Events often list local health and wellness expos. You can filter by location, date, and keywords to find events relevant to your interests.
3. **Follow Local Wellness Businesses:** Many yoga studios, health food stores, and wellness centers promote local expos through their social media channels and newsletters. Follow your favorite local businesses to stay informed.
4. **Explore Community Calendars:** Check your local community center, library, or newspaper's website or print edition for event listings. These often feature community-focused wellness events.
5. **Ask Your Network:** Talk to friends, family, and colleagues. Someone in your network may have attended a similar event and can provide recommendations.

What to Expect at a Health and Wellness Expo

Attending your first expo can be exciting but also a little overwhelming. Here's what you can typically expect:

A Wide Variety of Booths: Expect to find booths representing everything from nutrition and fitness to alternative therapies and spiritual wellness.

Workshops and Presentations: Many expos feature workshops and presentations led by experts on various health and wellness topics. Check the event schedule to plan your attendance accordingly.

Interactive Demonstrations: Engage in interactive activities such as yoga sessions, meditation practices, or cooking demonstrations.

Sampling and Product Trials: Take advantage of opportunities to sample healthy foods, drinks, and beauty products.

Networking Opportunities: Make the most of your time by talking to exhibitors, attending workshops, and connecting with other attendees.

Making the Most of Your Expo Experience

To maximize your benefits, prepare in advance:

Research the Exhibitors: Check the expo's website or program to see which exhibitors will be present. This allows you to plan your route and prioritize the booths that are most relevant to your interests.

Create a Schedule: Develop a schedule to ensure you attend the workshops, presentations, and demonstrations that align with your goals.

Wear Comfortable Shoes: You'll likely be doing a lot of walking, so comfortable footwear is essential.

Bring a Notebook and Pen: Take notes on what you learn and who you meet.

Stay Hydrated: Drink plenty of water throughout the day to stay energized and refreshed.

Conclusion

Finding a health and wellness expo near me is easier than you think! By utilizing the tips outlined above, you can easily discover and attend events that will enrich your knowledge and empower you to take control of your well-being. Remember to prepare in advance, make the most of networking opportunities, and embrace the diverse experiences offered. Your journey towards a healthier and happier you starts with a single step – attending a local wellness expo!

FAQs

1. Are health and wellness expos suitable for all ages?

Many expos cater to a broad audience, but some may focus on specific age groups or interests. It's best to check the event details to ensure suitability.

1. Do I need to register or buy tickets in advance?

Most expos require pre-registration or ticket purchase, though some may offer on-site registration. Always check the event website for details.

1. What should I wear to a health and wellness expo?

Comfortable clothing and shoes are recommended, as you'll be doing a lot of walking. Layer your clothing to adjust to temperature changes.

1. Is there a cost associated with attending a health and wellness expo?

Costs vary depending on the event. Some are free, while others charge an entry fee or require purchasing tickets for specific workshops or sessions.

1. Can I bring children to a health and wellness expo?

Some expos are family-friendly and welcome children, while others may be more geared towards adults. Check the event details before attending with children.

health and wellness expo near me: The Precipice of Mental Health Achea Redd, 2022-05-03 The mental health crisis is worse than ever: In an age of increasing isolation, insecurity, and loss, people are suffering, and not everyone is able to afford or access the help that they need. Mental health activist Achea Redd wants to change that, because for her, it's personal. Though Redd seemingly led a charmed life as the daughter of a pastor and wife of NBA legend and former Olympian Michael Redd, the mother of two battled debilitating mental illness. In *The Precipice of Mental Health*, Redd shares her remarkably reflective story about the societal issues of mental health and her personal mental health struggles, including eating disorders, panic attacks, suicidal ideation, and the impact COVID-19 had on her battle. --

health and wellness expo near me: Hari Om, Hurry Home Brenda Nicholas, 2021-08-20 Poet Brenda Nicholas believes her regular yoga and meditation practice has healed her anxiety and periodic depression by calming her nerves and keeping her centered and energized, helping her maintain a peaceful outlook in the face of everyday stress. She shares her beautiful and inspiring yoga poetry in her debut collection. If you teach yoga or simply do yoga at home on your own, you may be looking for inspiring words to share with your class or to meditate upon before beginning your practice. Reading yoga poems before or during a yoga class is an excellent way to invite a calm, soothing, reflective mindset. This, in turn, helps relax and prepare the body for the many benefits of deep stretches and asanas in a yoga class.

health and wellness expo near me: Switch On Your Brain Workbook Dr. Caroline Leaf, 2017-11-07 We all want to be more at peace, to be happier and healthier, but we often don't know how to go about it. Everything we try seems to fall short of true change. Dr. Caroline Leaf knows that we cannot change anything until we change our thinking. This follow-up to her bestselling book will help readers apply the science and wisdom of *Switch On Your Brain* to their daily lives so that they can detox their thinking and experience improved happiness and health. Each of the keys in the *Switch On Your Brain Workbook* pairs science with Scripture, asking penetrating personal questions in order to understand the impact of our thought lives on our brains, bodies, and lifestyles. Discussion sections help readers see vital connections between our body of scientific knowledge and the Bible. Recommended reading lists are included for those who wish to dig deeper.

health and wellness expo near me: The Hormone Connection Patrick Flynn, 2018-09-21 In a world of political correctness, someone needs to take a stand and bring people the information they so desperately need to hear. Dr. Patrick Flynn, *The Hormone Whisperer* and founder of The Wellness Way Clinics, has decades of relentless study and experience in bringing people results. And in addition to improving the physical health of his patients, he's helped improve their emotional and relational health, as well. In this easy-to-read, straight-forward book, Dr. Patrick uses his no-nonsense approach and has his readers laughing and crying; ultimately giving them the tools they need to feel empowered and motivated and ready to take the next steps to improve their lives. This book will guide readers to the best physical, emotional, and relational health of their lives.

health and wellness expo near me: Nut Job Sonia Hunt, 2021-08-13 Every three minutes, a food allergy reaction sends someone to the emergency room. Each year in the United States, 200,000 people require emergency medical care for allergic reactions to food. Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S. called The Big 8. These foods include Milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, and soy. And while 1 in 10 adults have a food allergy, nearly twice as many adults think that they are allergic to foods while their symptoms may suggest food intolerance or other food-related conditions. It's time to wake up to the fact that food in the United States is killing us. I am one of over 32 million Americans who suffer from severe food allergies, environmental allergies, and asthma since the age of three. As a first-generation American, I was the broken child of parents from India and had never heard the words food allergy before. My entire life had been focused on one thing: making sure my body could withstand another attack. Because there is no cure for food allergies in Western medicine, for four decades, I became a test subject, was poked and prodded to determine the best way to manage my allergies. After I found myself almost dead on the emergency room table (for the

fourth time) in 2008, I knew that it might be the last chance I would get to find another way. I felt like I was doing everything wrong. I was doing life wrong. Apparently, I wasn't managing my food allergies well because I wouldn't have been back in the hospital. It was yet another traumatic event in my life due to food, and I had officially hit rock bottom. It was during that time that I made a pact: I whispered into the Universe that if it allowed me to survive that day, I would change everything. With a fire finally lit in my soul, I completely dissected and overhauled my life created the Three to Be(TM) Program, a holistic health, and well-being program that guides people with food allergies and food restrictions to Be Healthy, Be Safe + Be Well(TM) (my mantra), in order to thrive. I needed a program that I could follow daily, using small steps to reclaim my health. None of the existing health and wellness programs on the market really catered to someone in my situation, so I created my own having dealt with severe food allergies for four decades. In facing the demons that had been with me for so long, with conviction, I took charge, I worked my program, and I eliminated my food allergies. In reclaiming my health, I transformed my life. And this is how I did it.

health and wellness expo near me: *Rhinology and Facial Plastic Surgery* Fred J. Stucker, Chris de Souza, Guy S. Kenyon, Timothy S. Lian, Wolfgang Draf, Bernhard Schick, 2009-03-28 Georg von Bekesey was awarded the Nobel Prize for his seminal everyone all over the world. In other words it is directed toward work on hearing. It was, however, 43 years later in 2004 that evolving a common scientific language that is spoken uniformly Linda Buck and Richard Axel were awarded the Nobel Prize for and consistently all over the world. Universality, so that norms, their work on olfaction. This is indicative of how the science of staging systems, etc., can be applied anywhere in the world with rhinology is only now coming into its own. For quite some time, equal validity. This can only be achieved through consensus. rhinology was thought to be limited in scope. It is now appreciated. This book contains not only the genesis and pathogenesis of ated that the nose is not only an organ of aesthetic appeal, but rhinologic disease, but also what all surgeons want and that is one that carries out several important, complex functions. The operative steps to bring about successful resolution of disease, tremendous surge in medical literature in recent times bears with the return of normal function.

health and wellness expo near me: *Pretty Sick* Caitlin M. Kiernan, 2017-09-19 The ultimate resource to looking your best during and after cancer treatment from a veteran beauty industry insider When beauty editor Caitlin Kiernan received the shattering diagnosis of cancer, she was obviously concerned about her health. But as a working professional, she knew she had to learn, quickly, how to look her best while feeling her worst. Caitlin called on her list of extensive contacts--from top medical doctors to hair stylists, makeup artists, and style mavens--to gather the best and most useful tips to offset the unpleasant effects of treatment. The result is this comprehensive beauty guide for women with cancer, covering every cosmetic issue, from skin care, to hair care, wig shopping, nail maintenance, makeup tricks, and much, much more. Illustrated with charming drawings by Jamie Lee Reardin and peppered with advice from celebrities and cancer survivors, *Pretty Sick* will be a welcome and trusted resource, helping women look and feel their best.

health and wellness expo near me: *You Belong with Me* Kathryn R. Biel , 2023-09-05 In college, they were friends. For one night, they were lovers. Now she needs a favor, if only she can forgive him for ruining her life. Twelve years ago, would-be sportscaster Hannah LaRosa's life was forever changed when she spent one night with her friend, Callaghan Entay. Now she's finally ready to launch her career, covering all the sports news that's fit to report. And as much as she'd like to forget about her past with Callaghan Entay, he's making news that she has to cover. Callaghan Entay has made soccer his whole life, sacrificing everything to be one of the country's best goalkeepers. He has one milestone left ... and then what? Like a moth to a flame, Callaghan can't stay away from his former friend. But he doesn't want to, even though he's pretty sure she's using him for his career, like everyone else in his life. Hannah's not sure she can ever trust Callaghan to stay, no matter how attentive he seems. But what if, this time, he really is a keeper?

health and wellness expo near me: *Medicine in Translation* Danielle Ofri, MD, 2010-01-01

From a doctor Oliver Sacks has called a “born storyteller,” a riveting account of practicing medicine at a fast-paced urban hospital For two decades, Dr. Danielle Ofri has cared for patients at Bellevue, the oldest public hospital in the country and a crossroads for the world’s cultures. In *Medicine in Translation* she introduces us, in vivid, moving portraits, to her patients, who have braved language barriers, religious and racial divides, and the emotional and practical difficulties of exile in order to access quality health care. Living and dying in the foreign country we call home, they have much to teach us about the American way, in sickness and in health.

health and wellness expo near me: Patients Beyond Borders Josef Woodman, 2011-04-25 *Patients Beyond Borders* is the first comprehensive, easy-to-understand guide to medical tourism. Impartial and extensively researched, it is filled with authoritative and accessible advice - carefully culled from hundreds of resources around the world. Whether you're seeking dental work, heart surgery, orthopedics, cosmetic surgery, neurosurgery, or LASIK eye repair, *Patients Beyond Borders* is your best way to become an informed health traveler and get started on your medical travel journey.

health and wellness expo near me: Permission to Put Yourself First Nancy Levin, 2019-08-20 Worthy author Nancy Levin shows you how to turn the old model of relationship on its head and build something better and more fulfilling than you've had before. Are you ready to go back to the drawing board in your love life--and end up more satisfied than you've ever been before? In these pages, master coach Nancy Levin takes a truly fresh look at relationships, showing you how to build them better from the ground up--or perform some skillful renovations. *Permission to Put Yourself First* is for you if you fit any of these profiles: you're single and looking for a new relationship beyond what you've experienced before . . . you're happy alone but looking toward a great relationship in the future . . . you're divorced and determined never to do that again . . . or you're recovering from the death of a partner and unsure what's next. It's also for you if you're currently in a relationship that you want to refresh and restore; a relationship that challenges or threatens your boundaries; a relationship you're not sure you can salvage; or a relationship you recognize as the exact right teacher for you, even if it's not easy. Essentially, this book is for you if you're ready for something more in relationship than what the old models have offered. It's based on the essential truth that relationship is first and foremost where we learn to love ourselves. Drawing on many of the same exercises she uses with her clients, Nancy guides you through a 10-step process to dissolve your emotional and psychological roadblocks to self-love so you can have the relationship you truly desire.

health and wellness expo near me: Budget-Friendly Plant-Based Diet Cookbook Kathy A. Davis, 2021-08-17 Learn how to eat well on a plant-based diet for \$50/week! Eating healthy on a budget can be a challenge. Doing so on a whole-food, plant-based diet can seem almost impossible. The *Budget-Friendly Plant-Based Diet Cookbook* proves it's both achievable and tasty to eat vegan on a budget. Discover more than 75 healthy, inexpensive plant-based recipes that will keep your taste buds jumping, your belly full, and your grocery bill in check. Explore new favorites: Sweet Potato Breakfast Hash, Ratatouille Pasta, Peanut Butter Energy Bites, and many more! This plant-based cookbook offers tips for frugal food shopping, clever ways to stretch your dollars, and strategies for longer-lasting leftovers. Plant-based basics—New to a plant-based diet? Find plant-based cooking methods and kitchen tips that spice up meal time while avoiding oil, salt, and sugar. Meal planning—Try the three-week meal plan for a whole-food, plant-based diet that only costs \$50 per week! Follow along or use it as a template to create your own plant-based meal plan. Price tagged—Each recipe includes nutritional information and the approximate price per serving to help you to stick to your budget. Save money and eat healthy with *The Budget-Friendly Plant-Based Diet Cookbook*.

health and wellness expo near me: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today’s thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the

management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

health and wellness expo near me: Healing Grounds Liz Carlisle, 2022-03-10 Today, a new generation of farmers are working to heal both the land and agriculture's legacy of racism. In Healing Grounds, Liz Carlisle tells the stories of Indigenous, Black, Latinx, and Asian American farmers who are reviving their ancestors' methods of growing food--techniques long suppressed by the industrial food system. This, Carlisle shows, is the true regenerative agriculture: a holistic approach that values diversity in both plants and people. It has the power to combat climate change, but only if we reckon with agriculture's history of oppression. Through rich storytelling, Carlisle lays bare that painful history, while lifting up the voices of farmers who are working to restore our soil, our climate, and our humanity.

health and wellness expo near me: ,

health and wellness expo near me: Eat Pretty Jolene Hart, 2014-02-25 Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

health and wellness expo near me: Walking with Aletheia Jean Hargadon Wehner, 2022-02-02 WALKING WITH ALETHEIA is a story of how Jean Hargadon Wehner--through time, perseverance and inherent wisdom--found the courage to confront demons of sexual abuse from priests at her Catholic HS, ultimately leading to a place of resilience, hope and walking with Aletheia--the Greek goddess of truth. How, in the end, one can see the power and healing effect of the mind by leaning into the truth. This is a book of deep healing. Literary Nonfiction. Memoir.

health and wellness expo near me: Raw Edges Sandra D. Bricker, 2013-09-17 Grayson McDonough has no use for teal ribbons, 5k runs, or ovarian cancer support groups now that his beautiful wife Jenna is gone. But their nine-year-old daughter Sadie seems to need the connection. When Annabelle Curtis, the beautiful cancer survivor organizing the memory quilt project for the Ovacome support group, begins to bring out the silly and fun side of his precious daughter again, Gray must set aside his own grief to support the healing of Sadie's young heart. But is there hope for Gray's heart too along the way?

health and wellness expo near me: Setting Boundaries Will Set You Free Nancy Levin, 2021-01-12 Do you feel like you're a pushover? Do you let other people make all the plans--letting them pick the movie, the restaurant, or the vacation destination? Does self-care feel selfish to you? And do you find yourself feeling resentful toward others because they don't seem to take your needs into consideration? Can you relate? If the answer is yes, this is the book for you! In this book, master coach, speaker, and author Nancy Levin will help you establish clear and healthy boundaries. This isn't easy; many of us don't want to rock the boat. We assume setting boundaries will lead to conflict. And, unfortunately, by avoiding conflict and not setting limits, we tend to choose long-term unhappiness instead of short-term discomfort. This book includes exercises and practical tools to help even the most conflict-averse, people-pleasing readers learn new habits. You'll learn how to recognize and take inventory of your boundaries, view your boundaries differently by creating a Boundary Pyramid, learn how to say no effectively, and set your Bottom-Line Boundary. As your supportive guide, Nancy will show you how to gather the courage to live a life of boundary

badassery. This work was life-changing for me, and if you're someone who has avoided boundaries for years, it can change your life, too. -- Nancy Levin

health and wellness expo near me: What Retirees Want Ken Dychtwald, Robert Morison, 2020-06-09 Dychtwald and Morison offer a brilliant and convincing perspective: an essential re-think of what 'aging' and 'retirement' mean today and an invitation to help mobilize the best in the tidal wave of Boomer Third Agers. —Daniel Goleman, PhD, Author, Emotional Intelligence: Why It Can Matter More Than IQ Throughout 99 percent of human history, life expectancy at birth was less than 18 years. Few people had a chance to age. Today, thanks to extraordinary medical, demographic, and economic shifts, most of us expect to live long lives. Consequently, the world is witnessing a powerful new version of retirement, driven by the power and needs of the Baby Boomer generation. Consumers over age 50 account for more than half of all spending and control more than 70% of our total net worth – yet are largely ignored by youth-focused marketers. How will work, family, and retirement be transformed to accommodate two billion people over the age of 60 worldwide? In the coming years, we'll see explosive business growth fueled by this unprecedented longevity revolution. What Retirees Want presents the culmination of 30 years of research by world-famous Age Wave expert Ken Dychtwald, Ph.D., and author and consultant Robert Morison. It explains how the aging of the Baby Boomers will forever change our lives, businesses, government programs, and the consumer marketplace. This exciting new stage of life, the Third Age, poses daunting questions: What will old look like in the years ahead? With continued advances in longevity, all of the traditional life-stage markers and boundaries will need to be adjusted. What new products and services will boom as a result of this coming longevity revolution? What unconscious ageist marketing practices are hurting people – and business growth? Will the majority of elder boomers outlive their pensions and retirement savings and how can this financial disaster be prevented? What incredible new technologies of medicine, life extension, and human enhancement await us in the near future? What purposeful new roles can we create for elder boomers so that the aging nations of the Americas, Europe, and Asia capitalize on the upsides of aging? Which pioneering organizations and companies worldwide have created marketing strategies and programs that resonate with the quirky and demanding Boomer generation? In this entertaining, thought-provoking, and wide-ranging book, Dychtwald and Morison explain how individuals, businesses, non-profits, and governments can best prepare for a new era – where the needs and demands of the Third Age will set the lifestyle, health, social, marketplace, and political priorities of generations to come.

health and wellness expo near me: Plant-Powered Beauty, Updated Edition Amy Galper, Christina Daigneault, 2020-07-14 You know your diet should be rich in plants for optimal health. So shouldn't the products you apply to your skin, which are absorbed into your body, also be filled with plants? If you've ever looked at the back of your so-called natural facial moisturizer or body cream and seen a list of complicated additives you couldn't recognize or pronounce, then you know firsthand that mass-produced synthetic beauty products can be something of a mystery. With *Plant-Powered Beauty: The Essential Guide to Using Natural Ingredients for Health, Wellness, and Personal Skincare (with 50-plus Recipes)*, harness the power of plant-based energy to maintain your natural beauty and let your skin glow like never before. Natural beauty experts Amy Galper and Christina Daigneault show readers how to deconstruct beauty labels, parse ingredients lists, make informed choices about the products they use—and, most important, better understand how their skin works. At the heart of *Plant-Powered Beauty*, you will find more than 50 easy-to-follow recipes to make your own plant-based skincare and beauty products, such as: • Almond Milk Facial Cleanser • Anti-aging Facial Scrub • Blemish Gel • Choc-o-Mint Lip Balm • Coconut Whip Makeup Remover • Vitamin-Rich Hair Health Serum • Quick and Fresh Cucumber-Thyme Body Scrub • Moisturizing Body Oil for Super-Dry Skin • Natural Mouthwash Plus, in this updated edition of *Plant-Powered Beauty*, meet the hottest wellness and beauty ingredient: cannabidiol, a very unique molecule within the Cannabis sativa plant. Research shows that CBD has a remarkable effect on the skin, including supporting tissue repair, evening skin tone, and promoting a youthful glow. New CBD recipes—for

men and women!—include a salve to reduce pain, bath soak to address inflammation, facial serum for balancing, roll-on for stress relief, body butter, and more. Plant-Powered Beauty unlocks sought-after wisdom for all aspects of plant-based personal skincare and celebrates the shift in beauty trends, bringing us back to natural beauty and reconnecting us with plants and healthy choices.

health and wellness expo near me: *Organization and Time* Tor Hernes, 2022-03-24 Observed through a temporal lens, organizational life fluctuates among moments of instantaneity, enduring continuity, and imagination of distant times. This movement stems from the fact that actors are continually faced with multiple intersecting temporalities, obliging them to make choices about what to do in the present, how to understand the past they emerge from, and how to stake out a possible future. Although scholars have widely recognized actors' multitemporal reality, it remains to be more fully theorized into an integrative framework. In this book, Tor Hernes takes up this challenge by combining foundational ideas from philosophy, sociology, and organization theory into an integrative theoretical framework of organizational time. Based on a review of the literature, his definition of time includes four dimensions: experience, events, resource, and practice. He provides examples of how these four dimensions evolve through mutual interplay and how they are underpinned by what he calls narrative trajectory. He then discusses implications for key topics in organizational research, including materiality, leadership and continuity and change. *Organization and Time* is for scholars and advanced students of organization studies, management studies, technology studies, and sociology.

health and wellness expo near me: Reflections on Kindness, Connections and Lifelong Learning Michael Babb, 2024-06-06 In *Reflections on Kindness, Connections, and Lifelong Learning: Empowering Emerging Educators*, retired Phys. Ed. and Biology teacher, Vice-principal, Principal, and Coach Michael Babb draws upon a wealth of experience and wisdom gleaned over almost four decades of working with students. At the heart of his holistic approach to education is his belief that kindness, compassion, and really listening to kids are key to finding joy in teaching and helping students become their best selves. Through chapters such as "Acknowledge Growth and Improvement," "A Student Success Program Built on Relationships," "Be Yourself," and "Heart + Mind + Effort = Success," he shares his knowledge, his philosophy, and his love of teaching and coaching. This book will be an invaluable resource for educators at all stages of their career, particularly education students and those embarking on a teaching career.

health and wellness expo near me: *Then Came Life* Geralyn Lucas, 2015-10-06 Author of *Why I Wore Lipstick to My Mastectomy* Geralyn Lucas's funny and moving story of leaving the traumatic experience of cancer behind and learning to survive all the challenges of a life she thought she would not have. When Geralyn Lucas, author of *Why I Wore Lipstick to My Mastectomy*, put on red lipstick in the hall on the way to the operating room, she was showing her doctors, her family, and, most important, herself that she planned on coming out of the OR and living life to the fullest. She figured that that day in the OR would be the hardest day of her life—but, it turns out, the twenty-seven-year-old cancer survivor was a bit short-sighted. *Then Came Life* picks up almost two decades later, when Geralyn is now living the life she was afraid she'd never be able to have. After having almost died from cancer as a young woman, Geralyn felt that growing old enough to get wrinkles is a gift—one she prayed fervently for in her youth. But she is now in her midforties: Her two miracle babies (both C-sections, both advised against by her doctors) have grown into a mean tween with a fierce eye roll for her mother's failures and a tornado of little-boy energy who refuses to play by his preschool's rules; a storybook romance with her husband has become couples therapy with a grumpy prince; and her demanding corporate job at Lifetime TV that she loves moves across the country without her. She has lost the wonder of that cancer gratitude moment, and when she looks in the mirror at her hard-won wrinkles, all she can think about is that she wants to have Botox. *Then Came Life* is a charming, quirky, delightful yet poignant story of surviving life, a collection of coming-of-(middle)-age stories of trying to be a role model for her daughter while being dissatisfied with her own looks, and what happens when her adoring son is more intent on romancing her than

her husband is (right down to dueling Valentine's Day cards). With the clear-eyed wit and observations of Nora Ephron, she not only explores the dissonance of facing the challenges she was afraid she wouldn't be alive to have but also confronts them with a great sense of infectious empowerment and a hilarious voice. Geralyn harnesses her fighting spirit and leaves behind the trauma of cancer to battle all the rest that life has to throw at her. Then *Came Life* is not a cancer recovery story: It is about rediscovering the resilience, courage, and optimism it takes to reinvent yourself at every age.

health and wellness expo near me: *Explorer's Guides Minnesota Land of 10000 Lakes 2nd Edition* Amy C. Rea, 2012-02-28 A classy series with encyclopedic coverage.—National Geographic Explorer Not only are there really 15,000 lakes in Minnesota, there are award-winning chocolatiers, wilderness trails, and luxury resorts too. Whether you have weeks or just a weekend, Minnesota has something for everyone, and this friendly, enthusiastic, honest guide explains it all.

health and wellness expo near me: *Self Motivation Strategies for Women* Jen Rulon, 2021-03-09 Transform your life and achieve your goals with this action-oriented guide for women Whether you're looking to change jobs, get in shape, or tackle any new challenge, *Self Motivation Strategies for Women* is filled with helpful guidance and engaging exercises that will get you fired up. No matter your situation, you'll find insightful prompts and practical techniques that help you develop a more positive mindset and find the confidence you need to take the next steps. Go beyond other self-motivation books for women with strategies to help you: Balance your priorities—Focus on a different area of your life in each chapter, from your physical and emotional health to your career, wealth, and personal relationships. Find your motivation—Evaluate your personal aspirations and then get to work with exercises that range from immediate action items to five-year goals, and mindfulness and meditation techniques to keep you focused. Create a personal journal—This book also encourages you to keep a separate notebook or journal as you move through the exercises so you have plenty of room to write, plan, and track your progress. Start living your best life with the inspiring advice in this entry into self-motivation books for women.

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health and wellness expo near me: *Summary of Lindy West's The Witches Are Coming*

Everest Media,, 2022-05-10T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The modern fable of LarryBarry tells us a lot about our current moment in history. It seems that a lot of men are confusing being asked not to violate other people's sexual boundaries with being forbidden to participate in basic human activities such as dancing, dating, chatting, walking around, going to work, and telling jokes. #2 The term witch hunt is being used more and more to describe the modern-day witch hunts against rapists. It is being used to deflect any credible accusation against a man, and turn it into an unfair and unfounded smear campaign. #3 Trump is a master of branding himself as true, whether it's true or not. He knows that in America, all you have to do is say something is true for it to become true. #4 A vast and verdant journalistic subgenre has sprung up around the president's passion for lying: websites devoted solely to fact checking, ever-lengthening lists of falsehoods at major media outlets.

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health and wellness expo near me: Navy Medicine , 2009

health and wellness expo near me: Discovering Me Lerrat Campbell, 2016-04-15 This book shares the story of a young successful woman that lived a life most only dreamed about. She excelled in her career and business while traveling the globe, only to be forced to face her hidden pain that she privately struggled with for decades. Her pain surfaced through a series of stressful events that eventually led her to attempt suicide. This book is written to help others that are managing public success while battling private struggles. Discovering Me is a transparent story of encouragement that also includes a workbook area, a journal area, a greatness guide and a professional resources guide.

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health and wellness expo near me: Run Baby Run Sarah Holiday, 2022-11-15 This is the

personal testimony of Sarah Holiday's struggle and survival story of domestic violence.

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