

Wednesday, 1:30 p.m., Broadview Radisson

Clear Your Stuff, Change Your Life! Simple Feng Shui techniques to create a life in balance.

Ready for change? Confused by the Feng Shui books you've read? Or just want an innovative, fun way to look at the space around you? The physical surroundings of our homes and work-spaces can powerfully affect our sense of well-being and inner harmony. In this experiential

*living space
designs*
by Laurie Bornstein

workshop we will learn how to evaluate our spaces and connect with our intuition as we explore the emotional impact of our environment and learn how making even small changes in our surroundings can make big changes in our lives. This program will be presented by Laurie Bornstein, a nationally recognized Feng Shui practitioner, instructor, designer, mentor for the Western School of Feng Shui and the founder and president of Living Space Designs. Laurie's practice embraces a synergistic blend of Feng Shui methods and techniques in combination with the elements of design, space clearing, intuitive skills and the essences of life coaching to create optimal environments for her clients. This program will take place at the newly redecorated Broadview Hotel immediately after lunch on Wednesday. Spouses have lunch at Century II; assemble at north door for escort to Broadview.

Thursday, 10:00 a.m., Broadview Hotel

The New Food Pyramids

Recent research demonstrates that the Food Pyramid Americans have relied upon for years as the basis of good nutrition, is flawed. Dr. Hunter will share with us the new food pyramids which have been developed for people in various stages of life with varying states of wellness and health.



Dr. Ann P. Hunter, Assistant Professor at Wichita State University College of Health Professions, will present this program. Dr. Hunter has instructed in nutrition and worked as a consultant dietitian for more than 20 years. Dr. Hunter has a remarkable listing of involvement in special professional activities, community service, publications, honors and awards.

Enjoy and learn at this Thursday morning program.