



Complementary Health Education Organization CHEO of Greater Knoxville Area Programs Come Discover *Your* Options for Holistic Wellness

Programs at South College

Meet and Greet at 6:30, Program at 7 pm
Parkside Learning Center, 400 Goody's Lane, Knoxville, TN
From I-40, South Exit 374 south on Lovell Road, left on Parkside, left on Goody's Lane. Park in lot on left across from South College.
Use the South College main entrance, take the elevator to the 2nd floor, follow the signs to Rm 201. Look for CHEO signs.

Tuesday, October 24th, 2017

CHEO's Got Talent at Open Chord Music & Cafe

8502 Kingston Pike, Knoxville, TN
Program: 6 pm - 9 pm

Each October, CHEO plans a **Special Program** of interest to all, coinciding with a brief annual meeting to elect leadership, recognize our volunteers and celebrate who CHEO is and where we are going. **Open Chord Music and Cafe** is co-sponsoring this year's **CHEO's Got Talent Special Program** through the use of their stage, audio system and wonderful Cafe.

- This is a **Free Program & Everyone is welcome**
- **See some of CHEO's members sharing their talents** that many of you haven't had the privilege of seeing
- **Enjoy an evening of music, song, dance, art, magic, humor and more**
- **Come early and savor some of Open Chord's great food and drink** including appetizers, pizza, a coffee bar, beer and wine (*order during the program too!*)

People are still talking about how great last year's CHEO's Got Talent special program was and this year promises to be even better!
Don't miss this year's CHEO's Got Talent Gala!

Monday, November 13, 2017

Feng Shui: Your 3-D Vision Board

Presenter: **Moni Castaneda, Feng Shui Consultant**

Moni will show us how making small changes in our spaces can change our lives. Besides being a Feng Shui consultant, Moni has a degree in Architecture and is an author and a teacher. Highlights of her presentation will include:

- **What your home and work space say** about your life
- How to **establish a positive feedback loop** with your home.
- How your spaces can help you **achieve your goals**
- The Feng Shui world view and **your personal destiny**

3 Door Prizes donated by Moni: Complimentary Feng Shui Essentials online consultation (Value \$300); How to Choose Feng Shui Correct Colors, Complimentary online course (Value \$200); and the book "Feng Shui Your Own Life Areas" by Moni Castaneda (\$39 Value)

Complementary Health
Education Organization
CheoKnox.org



Programs at Rarity Bay

Meet and Greet at 6:30, Program at 7 pm
Community Center, 150 Rarity Bay Parkway, Vonore, TN
Take TN-72 east from I-75 for 13 miles or west from TN-411 for 2.7 miles. Turn on Rarity Bay Parkway, Community Center is 2nd bldg on right. Park in adjacent or upper lot.

Wednesday, October 18, 2017

"You've Got Guts"

Presenter: **Dr. Barry Sunshine, DC**

The health of our gut has a huge effect on our overall health. Don't miss Dr. Sunshine's informative and timely presentation. Topics to be included are:

- **What is your Microbiome** and how does it influence your health?
- Learn about the **connection of dysbiosis and leaky gut.**
- What is your **gut-brain connection?**
- What is the **difference between prebiotics and probiotics?**
- What do **you need to do.**

Door Prize: A complimentary massage redeemable at either the Knoxville or Maryville Sunshine Clinic donated by Dr. Barry.

Wednesday, November 29, 2017

Relieve Pain and Improve Range of Motion with Myofascial Release Techniques

Presenter: **Beth Santella, RN (Ret) & LMT & Reflexologist**

Beth Santella will present a demonstration and discussion of several types of Myofascial Release Techniques including:

- **What is the Fascia?** How do adhesions, **trigger points** and restrictions form?
- How a therapist applies **myofascial release** techniques.
- How you can use **Myofascial Release techniques on yourself**

After the program, **join us for a celebration of a great CHEO year**, holiday festivities, camaraderie and refreshments.

Door prize: Complimentary One Hour Myofascial Release Massage (value \$70) donated by Beth

Everyone is welcome! Members attend free of charge.
There is a suggested minimum donation of \$10 for all guests.

Questions? dianeminch@hotmail.com or call 423-884-6031

Disclaimer: **CHEO expressly disclaims all liability for any and all treatment, diagnosis, decisions or actions taken, or not taken, as a result of the information provided.**

CHEO of the Greater Knoxville Area is a nonprofit 501(c)3 organization which helps people discover holistic and integrative options for wellness.