

NEW LONDON COMMUNITY HEALTH FAIR

PRESENTATION DESCRIPTIONS

1)Managing Stress and Anxiety - This presentation will present the symptoms of anxiety and stress overload. Various coping strategies will be discussed such as self-care, relaxation breathing, challenging anxious thought patterns and spending time with God. Kathy Jasman, LPC, MSE is a counselor for Christian Family Counseling in Appleton and, has been a counselor for 20+ years

2)Raising Healthy Children – We love our children. We want the best for them. We want them to grow up healthy, wise, well adjusted and strong. Learn how you can help your child(ren) be healthy – physically, mentally/emotionally, spiritually and in their relationships. Pastor William Heiges, Emanuel Lutheran Church, New London, past Director of Family Ministry for the Wisconsin Evangelical Lutheran Synod

3)Prevention—The Key to Minimizing Dental Costs – This presentation will provide an overview of prevention techniques. It will key in on prevention as it relates to tooth decay and periodontal disease. Learn how to take steps to reduce major dental costs. Kenneth Johnson, DDS, member of the American Dental Association, past president of Waupaca County Dental Society, practiced dentistry in Wisconsin, Colorado, and Peru

4)It's Affecting Our Kids! - Come learn about what today's youth are using to get high. Find out how to tell if your child is using drugs. How do you keep your child from using drugs? How do you help your child if is using drugs? Be part of this important discussion. Jeff Wockenfus, Police School Liaison Officer, New London Police Department

5)ED: A Focus on Erectile Dysfunction – Do you suffer from ED? You are not alone. Over 30 million American men have some form of erectile dysfunction(ED), which can significantly impact quality of life for them and their partners. The good news is that nearly every man can be successfullyh treated for this condition,and there is usually more than one option to choose from. Learn about the latest solutions for ED. Scott Kolbeck, MD, urologist for ThedaCare Physicians

6)Fitness Made Functional – Don't know where to start? Feel like exercise can't be fun? Think you lack the time, motivation, or resources to get fit? Healthy living begins with a single step. Come and allow your thinking to be challenged as well as learn practical and enjoyable ways to incorporate fitness into your everyday life. – Jenn Heiges-Zeiner, degree in Adult Fitness and Exercise Science, certified health fitness instructor, full-time personal trainer, and owner of a private fitness studio in Appleton

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7)Men's Health Issues: What Every Man Needs to Know – The speaker will cover a wide variety of men's health issues with an emphasis on prevention. Newer screening tests and treatments will be presented. Donn Fuhrmann, MD, ThedaCare Physicians, New London, board certified in Family Medicine; practiced family medicine in New London for 28 years, has a special interest in preventative health care

8)Benefits of Natural Living - Consumers have endless choices of “organic” and “all-natural” food, personal care and cleaning products. Find out more about the benefits for your family and the advantages for our environment. Cheryl Hosmer, Naturopath, C.N.H.P., owner - Simply Herbs in New London

9)Osteoarthritis & Joint Replacement - This presentation will discuss the disease and treatments, especially joint replacement for the knee and hip. Robert Hausserman, MD & Brian Lohrbach, MD, orthopedic surgeons at Orthopedic and Sports Institute of the Fox Valley.

10)Spinal Health - So many conditions we face in our society were at one time preventable. Degeneration, arthritis, disc problems, and nutritional deficiencies are just a few of the topics that will be covered in this informative presentation. Come and learn why it is important to take a proactive approach to your health. Dr. Brendan Kiger, DDC, Kiger-Steffes Chiropractic, Greenville

11)Big Tobacco Stinks - Find out how big tobacco companies go after our youth. We'll talk about tobacco addiction and how difficult it is to break. We'll look at tools to help “kick” the habit and leave you healthier and richer. Sherry Fischer,, Waupaca County Tobacco Free Coalition Coordinator