

Sierra Health & Recreation Expo

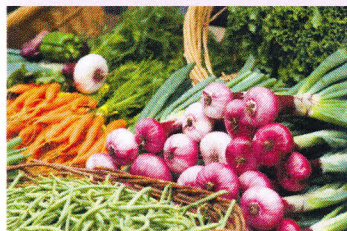
(Part of the Truckee Home & Building Show Weekend of Events)

Truckee High School • 11725 Donner Pass Road, Truckee, CA • May 26-27 • 10am-5pm

"Healthy Living Forum"

Presented by: Genesa Living Foundation • Daniel Smith, D.C.; President

Toolbox for the Informed Eater® - Creating a Sustainable Community by Bringing Everyone to the Table



Saturday, May 26

Bob Miller • 11:00am • Wolf Creek Lodge



"Senior Cohousing: Pro-Active Adults Creating Their Own Sustainable Community"

Bob Miller is a member of Wolf Creek Lodge, the senior cohousing community being built in Grass Valley. The vision of the seniors of Wolf Creek Lodge cohousing is to live their lives as active members of a vibrant community, and to maintain their independence through the collective support of their peers. Living lightly on the planet became a primary focus in developing their community.

Mark Estee • 12:00pm • Owner, Chef of Campo • Project Mana



"The Role Restaurants Play in the Proliferation of Local Foods"

Mark will discuss: seasonal menus, building relationships, proving it to customers, walking the talk, talking the walk, how to get started, what to look for, why do this, who benefits, customers' role in this, local distributors' roles in this. He will talk specifically about examples that are faced in Northern Nevada and the Tahoe area.

Caroline Wadlin, M.D. • 1:00pm • Physician Specialized in Holistic Health Care and Author



"Organic Food, Is It Worth It? The Health Connection"

Dr. Wadlin will discuss the latest in scientific information; information that can help you make healthier decisions for your children and yourself. Learn why if your child or you have ADD or ADHD you should consider changing your diet to organic foods. Learn how to make simple changes that can have a great impact on your health.

Steve Bird • 2:00pm • Organic Inspector and Food Safety Auditor



"Organic Food and Labels, What Every Mom Should Know."

Do you buy food because the label says "natural" or "eco-friendly?" Learn the real truth behind the "organic" label and what the "organic" label really means to you and your family and the planet. Stephen has been an organic farmer and organic inspector for many years. He is the author of the just released. "*Organic Food and Labels, What Every Mom Should Know.*"

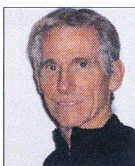
**Dan Smith, D.C. • 3:00pm • Local chiropractor; President- Genesa Living Foundation •
www.toolboxfortheinformedeater.org**



"Back to Basics -Toolbox for the Informed Eater®"

Toolbox for the Informed Eater® is a set of 12 Tools that will help you make healthier, more sustainable food choices for you and the people you love. "Toolbox System" is designed to help you, your family, and your community accomplish your shared goals of living healthier and happier lifestyles based on sound, fundamental principles of health, nutrition and local sustainable agriculture.

**Jon L. Weedn • 4:00pm • CYT, Meditation Trainer and co-presented by Kimball Pier, M.S., and
Susie Alexander • Sierra Agape Center**



"Compassion Fatigue; Stress Release Through Meditation and Creative Expression"

Sierra Agape Center is a donations-based sanctuary for adults, teens and families offering a holistic approach to counseling, deeply-rooted in love and compassion. We are devoted to teaching people how to strengthen relationships, cultivate the mind-body-spirit connection, and to work through times of transition including loss and new beginnings.



Genesa LIVING
FOUNDATION



TAHOE
FOREST
HOSPITAL
One of America's Top 100
Critical Access Hospitals



toolbox
FOR THE INFORMED EATER

Sierra Health & Recreation Expo/Healthy Living Forum

Sunday, May 27

(Part of the Truckee Home & Building Show Weekend of Events)

Calvary Chapel • 8:30am and 10:30am

Pastor Brian Larson • www.facebook.com/cctruckee • www.cctruckee.com



Our service begins with contemporary worship music led by our live worship band and is followed with a verse-by-verse Bible study by Senior Pastor Brian Larson. Children's Church for children of all ages is available during the 8:30 a.m. service and Sunday School for various ages is available during the 10:30 a.m. service. Nursery for infants and toddlers is available during both services. Calvary Chapel of Truckee is a non-denominational fellowship of believers in Jesus Christ who hold fast to His inspired Word, the Bible, worshipping Him in Spirit and in truth. We are young and old, friends and families who love the Lord Jesus Christ!

Calvary Chapel meets every Sunday at the Truckee High School



Kaili Sanchez, C.M.T. • 1:00pm • Owner of Kaili's Creative Kitchen

"Herbs and Spices: Health Benefits And International Cooking"

Herbs and spices are everyday items in our kitchen that can help us get to wonderful health. There are many ways to add either fresh or dried herbs and spices to your meals for breakfast, lunch and dinner. Kaili has worked with Project MANA as Truckee Programs Director, and helped to develop the Nutrition Coalition, Slow Food Lake Tahoe and Truckee Health Challenge 2013, Stone Soup, and the Truckee Community Garden. She teaches seasonal cooking classes for the community.



Polly Triplat, C.M.T. • 2:00pm • Chairman of Slow Food Lake Tahoe • www.earthspiritbodywise.com

"Growing Community in The Garden: High Altitude Gardening for a Sustainable Truckee/Tahoe Community"

Polly Triplat will discuss the importance of growing your own food and how to get involved in the Truckee Community Garden. We have a great need to create a more local food economy and to build a more resilient community. We strive to engage people in creating a healthier, sustainable food system through learning how to garden in our High Altitude climate. Project Mana harvests fresh healthy produce from the Truckee Community Garden, which is distributed to the community during the summer months. Slow Food Lake Tahoe coordinates educational events throughout the growing season in the Garden.



Gary Romano • 3:00pm • Owner of Sierra Valley Farms • www.sierravalleyfarms.com

"Growing a Garden in Truckee, and Native Plants for Your Gardens"

This presentation will describe how to grow raised beds in your gardens and what and how to grow vegetables and herbs. Gary Romano has spent 20 years growing organic vegetable and native plants in the Sierra Valley and the Tahoe/Truckee Area. He has been instrumental in bringing local food to Plumas County in the last 15 years and teaches a native plant and sustainable agriculture course at Sierra and Feather River Colleges.

Round Table Discussion • 4:00pm

Facilitated by Maria Martin, MPH, RD, Nutrition Coalition Chair

The Truckee community is going through several changes in providing fresh, safe, seasonal food for all. This event is a round table discussion for interested parties in the community that wish to participate in forming a "Food Policy Council" organization.

Please join us in the round table discussion about contributing to programs and interventions that make the healthy choice the easy choice in the Tahoe Truckee Community!



**Truckee Home
& Building Show**

(530) 587-3477

See us at the Truckee Home Show/Sierra Health & Recreation Expo
Memorial Day Weekend, Saturday and Sunday, May 26-27, 2012, 10am-5pm
At the Truckee High School, 11725 Donner Pass Road, Truckee, CA

Learn more at
www.truckeehomeshow.com