



Ultimate
day of
Balance
Conference and Expo

Conference Program & Agenda
October 23, 2004

BREAKOUT SESSION #2



HEALTH

Richard H. Keller, D.D.S., M.P.S.

A Holistic View of Dentistry: The Relationship Between Your Teeth and Your Body

Room: Date Palm A (Breakout will be repeated at 2:30 P.M.)

Our bodies are insulted daily with a variety of environmental toxins speeding up the aging process. The answer to unexplained pain and even some systemic illnesses could be in your teeth and jaw! If you have sought answers from a variety of doctors without success or if you are simply interested in protecting your body from unnecessary and dangerous contamination, come learn about the relationship between oral toxins and your health.

DR. RICHARD H. KELLER has over 30 years of experience. His holistic approach to dentistry has led him to many inter-related fields of study, including TMJ dysfunction, pain management, biomechanical trauma and maxillofacial bone disorders. He is a Doctor of Dental Surgery who is licensed, credentialed and experienced in the treatment of a variety of oral, head, neck and facial pain disorders.



Carmela Kirk, RN, BSN, MS

A Balanced Lifestyle...Fitness, Nutrition and Peace of Mind

Room: Date Palm B

Learn how to make small consistent changes that will benefit your overall physical and mental health by making positive choices. Find out the basics, and the not so basics, in all areas involving fitness, health, realistic eating habits, and the importance of self-love and peace of mind.

CARMELA KIRK, RN, BSN, MS, is a nurse at Coral Springs Medical Center in the Community Relations Department. She has an extensive fitness background with multiple certifications. Carmela teaches many classes including; Living Lean, a 10-week weight management program she designed. Along with group exercise, she provides individual training for health and fitness.



WEALTH

Mary Harris

Do You Have A Competitive Edge?

Room: Spanish Palm A (Breakout will be repeated at 2:30 P.M.)

How you represent yourself to your colleagues and clients is crucial to your success. Sometimes we develop habits that over time become lackluster. People judge you on your appearance, your presence, and your personal style...often before you even say hello. Learn how to gain an edge over the competition in the business world. Whether you want a secure job, promotion, or win a new account, business etiquette can be a valuable marketing tool.

MARY HARRIS has enjoyed a successful 15-year career in marketing and corporate communications. Prior to founding Mary Harris, Inc., the business etiquette and international protocol company, Mary served as the Manager of Public Relations for Neiman Marcus in Fort Lauderdale. She is a certified by the Protocol School of Washington®.



Maria T. Sanjuan

How To Turn Your Money Mystery Into Money Mastery

Room: Spanish Palm B

Good planning can help you take control of your finances. By understanding where you are today, and where you want to be in the future, you can make smarter financial decisions. We all need knowledge and ammunition to insure our future. Do you want to feel in control of your finances? Come learn how to define and secure simple practical strategies and find out how to take the mystery out of mastering your finances and investment objectives.

MARIA T. SANJUAN is a financial professional with CFP®, CLU and NASD Series 6, 7, 24, 26 63 and 65 licenses. She is a registered representative of AXA Advisors, LLC and an agent for AXA Network, LLC and is dedicated to helping individuals and businesses build their financial futures. Maria has been a resident of Broward County since 1960. She is very involved in her community and sits on many non-profit boards.



HAPPINESS

Bruce Hofmann

45 Minutes to Happiness

Room: Caribbean Palm A

Happiness is not just for the lucky few. Imagine coming from a place where you are quiet and centered...without brain chatter. How much would you and could you accomplish each and every day by quieting the noise level that sabotages your success? Unleash and uncover your personal power and learn a new blue print for happier living! Dr. Hofmann will captivate and engage all of your senses as he shares his insights, knowledge and expertise. Life's true secret to happiness awaits you!

DR. BRUCE HOFMANN is an energetic, compassionate teacher and facilitator. He's an established Chiropractor since 1983, certified N.E.T.™ Practitioner, a certified Industrial Consultant and a personal and professional coach. He has been published in prestigious journals and magazines.



Heidi Richards

The PMS Principles of Writing Your Book—How to Publish, Market and Sell Your Book

Room: Caribbean Palm B (Breakout will be repeated at 2:30 P.M.)

Is there a book inside of you? If there is, then this is the program for you! In this session, Heidi will share some of the tactics she has used for writing, publishing, marketing and selling her many books. She will help you discover the answers to many important questions.

HEIDI RICHARDS America's Small Business Mentor™, Elantrepreneur™, Trainer, International Speaker, Author of more than 10 books, member of the Florida Speakers Association and National Speakers Association. She specializes in Marketing, Promotions, Public Relations, Media, Leadership Development and Strategic Planning. Heidi is also the Chief Goddess of Eden Florist and Gift Baskets.