



Fall Refresh

Intentional Wellness Expo

Oct. 24, 2020
10am - 4pm

Bomber Mountain
Civic Center

Learn How to Empower
Your Life in *All Aspects*

Health Concerns
Nagging Chronic Issues
Changing Unwanted Behavior/Results
Choosing Thriving vs. Surviving
And So Much More...

What to Expect

- Speakers – Mikel Carmon, M.A., C.S.C., Eden Energy Medicine CP,
Anke Kottmann, LMT, Licensed Dorn Practitioner, Nordic Walking Instructor
Bettina Nimick, LMP Certified Bowenwork Practitioner
- Experience different healing modalities
- Essential Oils
- Networking
- Health Conscious Food
- Soft Music, Relaxing Atmosphere

Featured Presenters

Mikel Carmon, Anke Kottmann,
Bettina Nimick, Cheryl Good,
Annette Flower

Admission Pricing
Just \$10/Person
Proceeds to
BMCC



Live Consciously,
Living Intentionally