

FOR IMMEDIATE RELEASE

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Health and Wellness Symposium February 7

HANCOCK, MI – Finlandia University nursing and human services students will host a Health and Wellness Symposium Saturday, February 7, from 10:00 a.m. to 3:00 p.m., at Finlandia's Finnish American Heritage Center, Hancock.

All are invited to treat themselves to a day of healthy indulgence. Admission is free, although some services require a fee or donation.

Activities will include massage, manicures, hand and face treatments, foot reflexology, spinal thermography, and free heel density bone screenings to help determine your risk for osteoporosis.

At 1:00 p.m, learn about family wellness at a presentation by Chassell chiropractor Dr. Mischa Doman. Dr. Mischa will also be available to scan spines with a thermography scanner.

To help attendees feel beautiful, Salon 1281 of Laurium will offer massages, paraffin hand treatments, express manicures, and fruit acid face peels. Appointments are available, but not required. Call Salon 1281 at 906-337-1281 if you would like to set up an appointment at this event.

To help reduce stress, Naomi Haycock of Houghton will offer stress-reducing reflexology, as well as ion spa detox and detox foot patches.

Superior Travel will also be at the event promoting wellness with travel!

Throughout the day, a variety of wellness products will be available for purchase. Vendors will offer products for nutrition, physical fitness, rest and relaxation, healthy air, and clean water.

Door prizes will be awarded including an original drawing, a lake effect shirt, a nutritional consult, and hydromassage gift certificates. A raffle will be held for donated prizes as well.

Proceeds from the Wellness Symposium will help the seven nursing and human services students travel to Helsinki, Finland, this spring to learn about Finland's health care and social services systems. The study abroad opportunity is part of the academic course, Finlandia Connection. The students will be accompanied by Finlandia associate professor of nursing Debbie Karstu and visiting professor of Psychology Barbara McLean.

For additional information, please contact Debbie Karstu at 487-7354 or debbie.karstu@finlandia.edu.