

- **Yoga and guided meditation by Stephanie Taiber**

A mural painter and photographer, Stephanie was introduced to yoga by a client in 1999. By 2001 she was practicing daily and craving a deeper understanding of the notably positive effects of yoga. Feeling stronger from the inside, she had to wonder, what was this magic? Inspired by her many teachers, particularly Tom Quinn, Quinn Kearney, and Geri Bleier, to take a closer look, Stephanie completed her first 200 hour teacher training in 2006 at Yogaview in Chicago. During this time, she developed a meditation practice, and a devotion to the subtle body and its cues. In 2007 she completed an additional training with Global Family Yoga and began teaching students of varying ages in several CPS schools. Stephanie has studied a variety of yoga forms including Ashtanga, Iyengar, Baptiste, and Vinyasa Flow, and more recently completed two additional trainings with Corepower Yoga where she continues to teach and be inspired by her fellow teachers, dear friends and students. Stephanie's individual teaching style blends these yoga influences with a grounding and nurturing presence. She promotes breathe awareness, alignment, and loves to focus on mindful movement.

- **Dr. Jacob Smith**

Dr Jacob Smith Studied nutrition at Miami University then spent 2 years doing patient nutrition education through AmeriCorps on Chicago's west side. Completed medical school at Rush University and now a resident in the Northwestern University McGaw Family Medicine Residency located in Humboldt Park.

- **Conflict Management Strategies by Erin Hagerty, Psy.D. of [Michelle Cutler & Associates](#)**

Dr. Erin Hagerty is a licensed clinical psychologist. She joined the practice in April, 2015. As a graduate of The Chicago School of Professional Psychology, she has worked in a variety of settings with children, adults, and families presenting with a variety of emotional and behavioral concerns. Her past experience includes inpatient settings, community mental health centers, and a children's advocacy center. Dr. Hagerty has developed an expertise in working with trauma, attachment disruptions, and sexual behaviors in children. She also enjoys working with couples, as well as adults. Erin has been trained in multiple evidence-based treatment models for children who have experienced trauma, and has also provided trainings on this topic in the community, including schools, professional agencies, and community groups. Erin has a warm, supportive, and collaborative approach that allows children and families to immediately feel at ease. She uses a strength-based, integrative approach to empower her clients.

- **Healthy Feelings: How to Express Your Feelings by Sara Heidbreder, M.A., R-DMT, GL-CMA.**

"Sara Heidbreder (Ogawa), M.A., R-DMT, GL-CMA Sara is a licensed professional counselor(LPC), a registered dance/movement therapist (R-DMT), and a certified movement analyst (GL-CMA). She has experiences in working with children and adults at school and hospital settings. Sara uses body and movement based interventions to increase one's self-awareness, self-regulation, and self-expression. Sara also believes and promotes using movement based activities in the educational setting to enhance children's capacity to learn. Beside her career in counseling field, Sara is a dancer and a

musical theater teacher working in collaboration with a children theater from Tokyo, Japan, where Sara is originally from."

- **Kung Fu instruction by Master Jing Chao Wu with [Bei Dou Kung Fu](#).**

Master JingChao Wu is recognized by the International Wudao Association as an official Modern Wushu 7th Degree Black Belt, an International First Degree Wushu Judge, an International First Degree Wushu Coach, and received the title of World-Famous Martial Artist in 2011. He has competed at the state, national, and international level winning numerous awards including 1st place in Straight Sword at the All-China Wushu Forms Championship in 2004, and 1st place in Long Fist and Spear in 2008. In 2007 Master Wu created a unique Nine Section Whip Wushu form that significantly contributed to the development of the weapon's practice. In 2005 Master Wu received his BA from the acclaimed Beijing University of Physical Education. After graduation, Master Wu coached at the Shandong Province Tengzhou Olympic Athletics Academy and the Beijing Shaolin Wushu Academy. He came to America in 2009 where he began teaching Chinese martial arts in Chicago, Illinois. Master Wu was born in Zuji, Shandong China in 1982. He began studying Chinese martial arts at the Shandong Province Tengzhou Olympic Athletic Academy at the age of 7 and continued his studies in Shandong at the Zaozhuang Athletic Academy. He later went on to train with the Heilongjiang Province Daqing Athletic Academy and the Shandong Province Professional Wushu Team. In 2001 Master Wu broadened his training by traveling to the Henan Shaolin Temple Wushu Academy. There he studied traditional Shaolin forms and received the title of "Outstanding Athlete" multiple times.

- **Math, science, technology, and physics are a part of the fitness profession by Michelle Amore**

Michelle Amore owner of [Precision Human Performance](#) will present to rooms 309 and 307. Precision Human Performance is a private and exclusive training facility that sets the industry standard for excellence. Founded with the singular goal of bringing together elite professionals from a multitude of disciplines, PHP is the premiere destination for those seeking an unmatched exercise experience. PHP exceeds traditional training practices through expertise in human engineering and human performance. Our in-depth process identifies individual requirements and leads to safe effective outcomes. Dedicated to the exploration and application of the physical sciences, PHP is redefining personal training in Chicago and breaking the mold of the exercise industry. Whether you are an exercise professional in search of a new facility or a potential client looking for training and exercise solutions, Precision Human Performance is the answer.

- **Technology and Posture by Christine Rosenkrantz, D.C. of [Wrigleyville Chiropractic & Massage, Ltd.](#)**

Christine Rosenkarantz, D.C.: "I received my Doctor of Chiropractic degree in 1997 from National College of Health Sciences. I graduated from Vanderbilt University and received my masters degree from Long Island University in science and sports medicine. I am a certified athletic trainer and have worked at the high school and collegiate level with athletes. I opened Wrigleyville Chiropractic & Massage in 2007 and continue to work with the community on their wellness. I incorporate my academic and

clinical experience when assessing and treating my patients. I view the body as a whole to find the cause of the problem, and treat more than the symptoms. I utilize chiropractic, acupuncture, dry needling, soft tissue modalities including graston and massage and nutrition to find the right treatment for my patients."

- **Dance instruction by Jamie Brunson.**

Jamie Brunson was raised in Sumter, South Carolina. She received her BFA in Dance from Marymount Manhattan College, and subsequently earned an MA in Dance Education from New York University. She has performed with the Freed Spirits Dance Company, Kaleidoscope Dancers, and Jennejohn Dance. She has taught at Alvin Ailey, the 92nd Street Y, as well as several New York City public and private schools as a teaching artist. Since moving to Chicago, Jamie has taught master classes at Families Together Cooperative Nursery School and with several local youth groups, and at Hubbard Street Dance. She currently works as an in-school teaching artist with Hubbard Street Dance.

- **Mindfulness by Dr. Martha Mason, Ed.D., LCPC** of DePaul University's Educational & Counseling Center.

Martha M. Mason, Ed.D., LCPC: Dr. Martha Mason is the Director of the Education & Counseling Center located within the DePaul University of Education. Previously she served as Clinical Administrator for a Chicago mental health agency, and taught counseling at Governors State University. She has over 20 years experience in mental health which includes work in early intervention, chronic adult mental illness, and utilizing positive psychology interventions such as mindfulness. You can see her on WGN at this link: <http://wgntv.com/2017/03/09/mindfulness-in-the-classroom/>

- **Emotional Regulation Strategies by Angie Rush, LCSW of Michelle Cutler and Associates.**

Angie Rush, LCSW: With over 14 years of experience working with children and families, Angie Rush, LCSW, joined the practice in August 2015. She earned her Master of Social Work degree from University of Illinois in Urbana-Champaign in 1998. Angie has a warm, inviting and causal style of interacting with families, and works with parents and children together as a team. Angie's areas of expertise include working with children and adolescents in the areas of trauma, grief and loss, as well as childhood sexualized behavior and attachment disruptions. She has extensive experience in treating symptoms of anxiety and depression. In addition, Angie provides consultation and treatment regarding sleep disturbances in childhood such as frequent night wakings, difficulty remaining in the bedroom and bedtime refusal. She further provides consultation to parents of infants and toddlers on how to incorporate healthy sleep habits. Angie truly enjoys helping parents understand their children based on child development and temperament, as well as helping children to regulate their emotions and behaviors in productive ways. She views therapy as a means to uncover underlying issues to a child's symptoms and provides parenting consultation to help parents view their child's behavior through a different lens, as well as incorporate positive parenting strategies. Her goal is to facilitate a stronger relationship between parents and child with more laughter and greater enjoyment.

- **Food Chain and Food Miles activities and comparisons on market items vs. grocery items by Kathleen Williams, Operations Manager, [Green City](#) Market**

Kathleen's passion for the local food movement has stemmed from traveling, experience on family farms and the desire to create community through food. As Operations Manager, Kathleen enjoys finding ways to tap into existing organizations to grow the GCM community. After graduating from College of Charleston in 2012, Kathleen pursued a sports marketing internship in Los Angeles, CA. She relocated to Chicago where she worked in a trade association and most recently for Gallup supporting their Midwest Client Development team. Kathleen became involved with Green City Market as a member of the volunteer team in 2012, which became the perfect outlet for her to channel her passion for local food. In June of 2015, Kathleen took the leap from the corporate world and joined the full time staff with Green City Market. When she's not working with GCM, Kathleen enjoys running, yoga, traveling, and eating her way through Chicago!

- **Yoga by Mission Propelle**

Mission Propelle's after-school program held at Pritzker on Thursday from 4-5pm empowers girls through yoga, literacy enrichment and mentoring.

- **The brain, spinal cord, and how messages are sent through the body (central nervous system). How chiropractors are able to help improve this connection. Things that can make the connection worse (stress, physical trauma, chemical stress). Posture, Back pack position by Dr. Brittany Guelzow**

"Hello! My name is Dr. Brittany Guelzow, but I usually go by Dr. Brittany in the office. I sincerely thank you for allowing me to present to the children in your 4th grade class! The first time I went to a chiropractor, I was in high school. This chiropractor specialized in pediatric care, so there were always kids at the office. One day, my school was having a career day where you could spend time exploring a profession you were interested in. I knew that I liked my chiropractor's office, and the knowledge they had of the human body fascinated me. In spending an entire day at the office, I saw SO many kids! Unexpectedly, it was much harder for parents to get their kids to want to LEAVE the office than it was for them to get them there. I knew that any doctor that could get kids to love their office was doing something right! This started my journey toward becoming a pediatric chiropractor. I completed my undergraduate coursework at Winona State University where I was a cheerleader, a mentor and tutor to high school students, and a chemistry teacher's assistant. In my free time I would enjoy all of the lovely outdoor scenery that Winona had to offer including kayaking on the Mississippi river, hiking the bluffs, roller blading on the trails around the lake, or simply enjoying a day out in the sun at the beach. From there, I went on to Palmer College of Chiropractic where I completed my chiropractic education. I was active in pediatrics club and well as a club leader of Torque Release Technique club, which is a very specific technique that can be used on all ages. Present day, I am fortunate enough to have joined a practice that has been established for over 20 years here in Chicago. Our office is full of babies, school aged children, pregnant mamas, families, athletes, geriatrics, and other people from all across different

spectrums of life. I absolutely love what I do and have a passion for working with and educating children."

- **"I'm too busy: tips for feeling your best when life get's hectic" presentation by Matthew Champa.**

Matthew Champa is a USATF and RRCA certified Coach and holds MA, Ed.M degrees in Psychological Counseling from Columbia University. He is Certified Wellness Coach with 15 years of counseling/advising experience. Coach Matthew is an accomplished marathon/ultramarathon runner and an active member of the Chicago running community, including working with the A.N. Pritzker Run Club through Nike.