

# "The Whole Health For Homes" FAIR

THE STRESS FREE ZONE  
EXPLORE SOME "CHILL-LAXIN" FUN

**Thursday—May 31, 2012**

3:00 p.m. — 6:00 p.m.

<http://www.wix.com/lolajeanfergus/whole-healthfor-homes>



## ENJOY THE "SILENT-RIFFIC" AUCTION

BRING MOMS & DADS & BID ON SOME **FANTASTIC ITEMS** THE WHOLE FAMILY WILL ENJOY. ALL PROCEEDS WILL GO TO CHARITY.

**FREE** Admission & Family-Friendly Activities

### CAPTURE YOUR FAMILY WITH A CARICATURE PORTRAIT



Caricature artist, Jeff Hizer, creates portraits that exaggerate your features in a humorous and fun way.

## Calling All Junior Chefs



Help Chef Tara Verma prepare some healthy and delicious kid friendly recipes for the whole family to enjoy.

### JOIN TAI CHI INSTRUCTOR GERRI GURMAN FOR SOME TAI CHI ANIMAL FROLICS



Tai chi, a centuries-old Chinese martial art discipline, involves a series of slow, meditative body movements designed for self-defense and to promote inner peace and calm.

**Rockin' Good Fun...** Estimate the number of gems in the jar and win a PRIZE.



## HELP

Bring in donations for the Warming House of the Salvation Army, Road Home, and the Transition Education Program of the Madison Metropolitan School District.



**Feng Shui your bedroom & feel the productive energy**



**Try Some Yoga Moves**



**Enjoy a Chair Massage**



**Listen to the Mellow Tones of Strolling Musician Joe Fred Paprocki**

## Where

Park Glen Commons  
Senior Apartments

201 N. Walbridge Avenue  
Madison, WI 53714



## Purrrr-fect Pet Care

Intuitive Healer Mary Lelle and Dr. Lynee Dennis of Harmony Vet will help you learn new ways to make sure the pets you love stay happy and healthy.