

# Lake Wobegon Community Expo

March 23 | 10:00 am-2:00 pm

Albany Area Secondary School BECC

Activities - Learning - Connecting

### Children's Activities

- Charlie The Clown
- Bounce Houses
- Virtual Reality Goggles
- Science Experiments
- And more!



### SPECIAL EVENTS

- 10:15 am Tae Kwan Do Demo** - Adam Patterson, 6th Dan black belt, Ashley Patterson, 5th Dan black belt, David Torbert, 4th Dan black belt, Quan Li K'an Martial Arts
- 10:30 am Stuff N' Fluff Funshop 1**
- 10:45 am Deceptively Healthy Cooking for Picky Eaters** - Ann Neu, Registered & Licensed Dietitian, Mother of Mercy
- 11:15 am Yoga Demo** - Anne Hoeschen, RYT 500hour, Yoga Melrose, LLC, [www.yogamelrose.org](http://www.yogamelrose.org)
- 11:30 am Stuff N' Fluff Funshop 2**
- 11:45 am Alternative Options for Pet Health** - Jennifer Revermann, DVM, CVA, Lake Country Vet
- 12:15 pm Stretching & Moving for Healthy Aging Demo** - Steven Crooks, Physical Therapy Assistant (PTA), Mother of Mercy
- 12:30 pm Stuff N' Fluff Funshop 3**



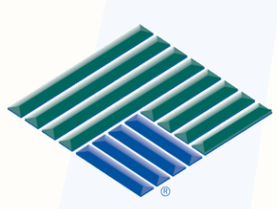
### More Activities

- Golf Demonstrations
- Bloodmobile
- Local Business Booths
- Health & Wellness Exhibits
- Police & Fire Departments
- And much more!

**Keynote Speaker:**  
**Mike Kutzke - 1:00 pm**  
**"Dealing with Change & Negativity"**

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 Senior Living

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