

GLASS CITY WELLNESS

THE OLYMPICS OF WELLNESS™

AUGUST 21, 2021
12-5PM

RIVERCREST PARK
13761 ECKEL JUNCTION RD., PERRYSBURG

PRESENTED BY:
TAYLOR AUTOMOTIVE FAMILY



LOCALLY OWNED, LOCALLY COMMITTED

Guest speakers
and fitness
classes all
day long!

ELEMENTAL
SPONSOR:



GLASSCITYWELLNESS.COM

Special Guest Speakers



12:00

KYLE OVERMYER
*Addiction Advocate/
Motivational Speaker*



12:40

DERICK GANT
*Weaponize Your Wealth For
Better Health*



1:20

JOHN RANKINS
*Ditch Dieting -
Find Food + Body Peace*

INTRODUCING KEYNOTE SPEAKER



STAYHOME I WILL
CARE EVERYWHERE

2:00-3:00pm
DR. MURTHY GOKULA
*Lifestyle Medicine &
Disease Reversal*



3:05

KAY MORGAN
*How to Form a Local Chapter of the
World-Wide Wellness Community*



3:45

HALINA SCHRIEFER
*Reiki: More Than
Energy Healing*



4:25

DR. ELIA ACUÑA
*Why Do We Have So Many
Chronic Health Conditions?*

Fitness Classes



12:00

HALINA SCHRIEFER
Awakening Yoga Flow



1:00

NAILYA WEBER
All Level Friendly Yoga



2:00

HEATHER COLLEY
Funky Flow Yoga



3:00

ERIKA WHITE
Fitzone Cardio



4:00

MICHELLE ZYDORCZYK
Y6 Signature Flow