



Discover Your Options for Wholistic Wellness!

Get Connected Be Nourished
Leave Empowered

MARCH PROGRAMS

March 9th – The Basics of Energy Healing and Its Impact on Your Health ~with Lisa Gontarski~

@ Knoxville Clarion Hotel (West Knoxville): 11341 Campbell Lakes Drive, Knoxville, TN | 6:30pm – 8:30pm

Have you heard the word ‘energy’ around healing lately and been curious to know just what people are talking about?

Then this is your chance to learn and explore how energy healing works and how it can assist with well-being. Learn:

- How energy healing can resolve everyday discomfort and deeper issues
- Clearing the past to unblock the future
- Cross over between physical and emotional healing
- Benefits of energy healing for your animal companions

Door prizes will be drawn!

March 26th – Exploring Traditional Chinese Medicine Traditions ~with Karen Martin~

@ Rarity Bay Community Center: 150 Rarity Bay Parkway, Vonore, TN | 6:30pm – 8:30pm

Traditional Chinese Medicine has carried healing principles forward for over thousands of years. You now can learn about this ancient wisdom from a holistic practitioner who worked in Chinese hospitals for a part of her career and learned from the best.

- Hear her stories
- Learn the Chinese medicine philosophy.
- Gain guidance on how to bring more holistic principles into your family’s healing

Door prizes will be drawn!

March 18th – MOVIE NIGHT: Eastern Medicine: Journey through Asia: 7 Countries in 7 Days– Docu-Series The Land of the Rising Sun – Japan

@ Loudon Visitors’ Bureau/Welcome Center. - 1075 US-321, Lenoir City, TN 37771 | 6:15pm – 8:30pm

The Truth About Cancer took a journey across 7 Asian countries to discover Amazing cancer treatments protocols, many of which have been “hidden” from the rest of the world. The information they gathered from interviews with doctor and patients and the lifesaving details about treating and preventing cancer using “Eastern Medicine” is invaluable.

In this first Episode, Ty and Charlene Bolinger from the The Truth About Cancer journey to Japan where 21 percent of the population is elderly. Japan is ranked 48th in the world with a cancer rate of 271 to 100,000. according to the World Cancer Research Fund International. It’s worth taking a closer look at what this population is doing right.

The Center is conveniently located and easy to find on Hwy 321 across from Shoney’s. Take exit 81 off I -75. Make a left at the Visitor’s Bureau and park behind the building. Enter through lower level back door. Please arrive at 6:15 so we can begin promptly. A short discussion will follow, time permitting.

CHEO movie nights are free for members and first-time guests.

All are welcome! FREE for members,
\$10 minimum donation for guests.

www.CheoKnox.org

CHEO is a nonprofit organization
and expressly disclaims all liability.



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APRIL PROGRAMS

**April 15th – MOVIE NIGHT:
Eastern Medicine: Journey through Asia: 7 Countries in 7 Days– Docu-Series
Taiwan – “The Beautiful Island”**

@ Loudon Visitors’ Bureau/Welcome Center - 1075 US-321, Lenoir City, TN 37771 | 6:15pm – 8:30pm

The Truth About Cancer took a journey across 7 Asian countries to discover Amazing cancer treatments protocols, many of which have been “hidden” from the rest of the world. The information they gathered from interviews with doctor and patients and the lifesaving details about treating and preventing cancer using “Eastern Medicine” is invaluable.

In Episode 2, Ty and Charlene Bolinger from “The Truth About Cancer” journey to Taiwan where the average life expectancy is over 80 years of age. You will meet several Chinese Doctors who are using Chinese Traditional Medicine, Medicinal Herbs, Integrative Medicine, Cannabis, a special form of acupuncture and many other successful therapies to reverse cancer.

The Center is conveniently located and easy to find on Hwy 321 across from Shoney’s. Take exit 81 off I -75. Make a left at the Visitor’s Bureau and park behind the building. Enter through lower level back door. Please arrive at 6:15 so we can begin promptly. A short discussion will follow, time permitting.
CHEO movie nights are free for members and first-time guests.

**April 13th – Managing Stress and Anxiety
with Qi Gong
~with Bill and Linda Pickett~**

@ Knoxville Clarion Hotel (West Knoxville): 11341
Campbell Lakes Drive, Knoxville, TN | 6:30pm –
8:30pm

Stress is a problem everywhere. It impacts people of all ages and backgrounds. Intense and prolonged stress can be harmful to one’s health and life.

Come learn how the ancient martial art, Qi Gong, can become a mind-body exercise to help manage the stress and anxiety.

Learn samples of the harmonious movement and breathing.

Door prizes will be drawn!

**April 30th – Regenerative Therapy, Kinesiology
and Q&A
~with Dr. Barry Sunshine~**

@ Rarity Bay Community Center: 150 Rarity Bay
Parkway, Vonore, TN | 6:30pm – 8:30pm

Dr. Sunshine is a frequent speaker at CHEO because of his vast knowledge of holistic healing.

Our goal is to cover some of his most requested topics, as well as give you the change to ask your health questions.

Learn...

- how people are avoiding surgery with regenerative therapy
- how to listen to the body through kinesiology

Door Prizes will be drawn!