

Move . Eat . Live . Wellness Day



HOT SAND VOLLEYBALL TOURNAMENT

August . 22 . 2015

**1ST ANNUAL HOT SAND
VOLLEYBALL TOURNAMENT**

08 • 22 • 2015

Pere Marquette Beach
Muskegon | Michigan

Format:

- Men's Doubles
- Women's Doubles
- Co-Ed Doubles
- Girls' Doubles 14/16/18's

Registration Time: 8 am

Fee: Youth: \$20.00 | Adults: \$25.00

Platinum Sponsors



Absenger
Cancer Education
Foundation



clean sky • clean water • clean food

Tournament Director

Peter van der Oord (231) 282-1062

Email: peter@beachshotsand.com

Website:

www.beachshotsand.com

(online registration available)

1st Annual Hot Sand Volleyball Tournament & Wellness Day

Movement Classes: Purpose

- According to the National Cancer Institute (NCI) and the Center for Disease Control's (CDC) State Cancer Profiles, Muskegon County is the only county in Michigan for which incidence rates of all cancers (both sexes, all cancer sites, all ages) increased for the latest available reporting period (2007-2011) [1].
- There are many possible explanations for geographic variations in cancer rates including differences in lifestyles, medical care availability and delivery systems, screening practices, reporting practices, and environmental exposures.
- We thought we would create this event to draw attention to this undesirable, rising trend of cancer incidence in Muskegon County, by showcasing the importance of lifestyle changes for cancer prevention and in survivorship with fun, educational activities.
- What are Surfer Mick and The Absenger Cancer Education Foundation Educating You About?
- Mind-body modalities such as yoga, qigong, Tai Chi, dance & movement can help control weight, build lean muscle, promote strong bone, muscle and joint maintenance, decrease the risk of obesity, and help you manage stress effectively.
- In combination with healthy eating, physical activity can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity can also be an essential part of cancer outcomes.
- If you have cancer or chronic disease, yoga, qigong, and meditation, among other mind-body medicine modalities can help you manage symptoms more effectively.
- We hope you will join us for a perfect day at the beach to learn more about the mounting evidence for these ancient practices in 21st-century health care.

Three Exciting Move, Eat, and Live Wellness Day Activities

1st Annual Hot Sand Volleyball Tournament

FREE Yoga, Tai Chi, Qigong, Dance & Movement Classes

FREE Health, Wellness & Integrative Medicine Expo Speaker Series

**Everyday is a Perfect Day at
the Beach!**

For more information:

Call Mick at (616) 430-7430

www.beachsthotsand.com

www.surfermicks.com



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Wellness Day Activities

Saturday, August 22, 2015

Margret Drake Elliot Park
(north of Pere Marquette Park)

1 Mile Sunrise Beach Walk

6:47 am Pere Marquette Park **FREE**

Movement Classes

Yoga, Thaichiwa, Qigong, Zumba and Dance

On the hour, every hour | 8am to 3pm **FREE**

(Channel Shelter Area)

Health & Wellness Speaker Series

On the hour, every hour | 8am to 3pm **FREE**

(Drake Elliot Shelter Area)

A Perfect Day at the Beach!

For more information:

Mick Phone: (616) 430-7430

Email: werner@beachsthotsand.com

www.beachsthotsand.com

Coporate Sponsorships Available

People in West Michigan will receive your company's message on our website, in advertising materials and during the event.

Do not miss the chance to take advantage of this great partnership opportunity.

Contact Werner or Mick (contact info above)



The Muskegon Matriarchs of St. Francis de Sales have both turned 90 years young in 2015, and therefore are the perfect wellness ambassadors to lead the Sunrise Beach Walk at Pere Marquette Park. Shirley McKeown and Joan Dion with escorts Brian McKeown and Surfer Mick.



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Find below detailed information about the movement classes offered during our 1st Annual Hot Sand Volleyball Tournament & Wellness Day. Information will be updated as it becomes available.

Movement Classes Schedule of Day's Events

Event Kick-Off: 1 Mile Sunrise Beach Walk

06:47 am FREE Sunrise Beach Walk at Pere Marquette Park



Muskegon Matriarchs: Shirley McKeown and Joan Dion

08:00 am: Gentle Sunrise Yoga



Instructor: Karri Absenger, LPN, RYT | ACEF

Karri currently works for Comfort Keepers, a leading provider of in-home care services, in West Michigan. Karri also served as a yoga teacher and instructor for Certified Nurse Assistant courses (CNA) at Muskegon Community College. She teaches Senior Chair Yoga at Four Points Center for Successful Aging, Gentle yoga at the local YMCA, and Hatha yoga at Lakeshore Yoga Center.

09:00 am: Golden Temple Qi Gong



Instructor: Ed Jackson

Edward Jackson 4th Dan Shotokan Karate

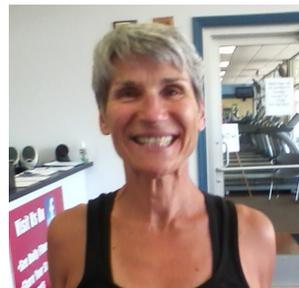
40 yrs. Yoga, Shiatsu, Aikido
and personal training.

From Emei Mountain Temple in Western China

Ancient Temple Style-Qigong's main focus is to improve health and longevity.

- Taps unused potential
- Strengthen organs
- Cleanse physical and emotional toxins
 - Increase bone mass
- Integrate mind, body, energy

10:15 am: Zumba



Instructor: Marcia Geissinger

Marcia has been a Group exercise instructor and personal trainer since 2000. She also is certified to teach Mat and Studio Pilates as well as Zumba, Zumba Gold and Aqua Zumba and Tai Chi. She is an enthusiastic individual and a strong motivator. Prior to working in Fitness, Marcia was a public school teacher for 33 years. She enjoys working with people and believes ANYONE can be fit, healthy and improve strength, and stamina. Marcia LOVES to move. Besides teaching classes you can find her biking, hiking, skiing, snow shoeing or walking her dog, Max

Mission Statement: To provide effective quality activity in group fitness classes and personal training tailored to individual needs.

Belief: All participants/clients have great athletic and physical potential. Most individuals fulfill personal potential with guidance, accountability and motivation.

11:00 am: Thaichiwa - Born to Move



Instructor: Mick von Doxtater

Mick Von Doxtater has been a student of martial arts since the mid-seventies and has been teaching Thaichiwa Vital Energy work since the late nineties. In Thailand vital energy is called Chee Wa. In other parts of the Asian world it is called, Chi or Qi. In the West it is mostly referred to as Vital Energy or Life Force. Mick is certified to teach these Thai healing postures by Wat Pho in Bangkok, Thailand. Wat Pho is the center of all Thai Healing and Massage. The Kingdom of Thailand has registered these healing postures and they are now part of UNESICO's - Memory of the World. If you do Thaichiwa movement you become your own moving World Heritage site. Come out and discover how these time tested, low impact, healing moves can calm your spirit, strengthen your body and boost your mind's power.

Mick has worked with: Americore-Vista, FEMA, The Red Cross, Salvation Army Disaster Relief, Oxfam, The Royal Thai Government along with many schools, churches and other faith based NGO's.

Mick continues to lecture and teach classes and workshops at: Hospitals, Universities, Museum's, Fortune 500 Companies, Resorts and Casino's here and abroad.

Mick is an active, Holistic Wellness Consultant and designs individual life force wellness plans for the home and office through the - Gaia House Initiative.

You can contact him at: savolion1@hotmail.com



Revive & Thrive Project

Nourishing the community, one meal at a time.



01:00 pm: Restore, Refresh, and Revitalize



Instructor: Kelly Klecka Winters

RYT 200 Yoga Alliance | [Muskegon Yoga Center](#)

Kelly currently teaches at Muskegon Yoga Center. She grew up in North Muskegon and moved to Colorado in 1996. It was there that she discovered the benefits of practicing yoga. Kelly practiced consistently, made the move back to West Michigan and, as her practice deepened, she pursued her certification through Third Coast Yoga Studio in 2010.

Kelly found Muskegon yoga in 2008, and she has been there ever since. Having experienced how yoga transformed her life on and off the mat, Kelly empowers her students to connect with their breath and body to facilitate balance and transformation in their lives

02:00 pm: Basic Chi Lung Style Karate Movement



Instructor: Daniel Morrow

Daniel Morrow has been a practicing martial artist since 1985. He is a 5th Degree Master in the Chi Lung style under Michael J Cain. Daniel has been a lifelong health and fitness advocate training and teaching martial arts in the Grand Rapids area for over 15 years.

Daniel's education and professional careers consists of a computer science degree, and a license from the United States Customs and Border Protection Agency as a Licensed Customs Broker.

He currently owns and is the CEO of Superior International Wholesale Company a wholesale distribution company located in Sparta, Michigan.

**03:00 pm: Wellness Dance Workshop
and Interactive Contemporary Dance
Performance**



Instructor: Laura Armenta

Live Drumming will accompany this unique movement workshop. Discover intension and emotion through guided movement improvisation.

Laura Armenta, dancer, choreographer, yogini and entrepreneur has 30 years of professional experience. A movement expert with great expertise on holistic disciplines and various forms of dance.

A photograph of three dancers in a studio. The dancer on the left is in a dynamic pose, wearing a black long-sleeved shirt and blue pants. The dancer in the center is wearing a black tank top and dark pants. The dancer on the right is wearing a black t-shirt and black leggings. The studio has a wooden floor and purple walls.

www.lauraarmenta.com

**JOIN Laura Armenta
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As part of "Wellness Day Event"
www.beachshotsand.com
Pere Marquette Park
Muskegon, MI
Sat. August 22 @ 3:00pm

Image by Tim Motley

**FREE Health, Wellness & Integrative Medicine
Expo Speaker Series**

**Health, Wellness & Integrative Medicine Expo
Speaker Series**

(All sessions are FREE) | Area 2

**08:00 am: Meditation for Relaxation and
Stress Reduction**



Speaker: Werner Absenger, PhD, MSc | ACEF

Werner is going to speak about a meditation, a mind-body medicine practice that has been used throughout history to increase calmness and physical relaxation. It is important to know that mind-body medicine modalities focus on the interaction between your brain, mind, body, and behavior. Thus, meditation can help you manage stress, improve psychological balance, help you cope with illness, and help you enhance your overall health and well-being.

**09:00 am: Music Therapy in Cancer
Survivorship**



**Speaker: Lisa Ziemelis, MT-BC, NMT | Soundwaves
Music Therapy**

Lisa joined the team at the Absenger Cancer Education Foundation because of her interest in exploring the effects that music-assisted relaxation has on anxiety levels in cancer survivors. Lisa's talk will focus on some of the benefits music therapy can provide for cancer survivors.

**10:00 am: The Experience of Being
Diagnosed with Cancer**



**Speakers: Author Kathy Blough Psy.S & Mark Blough,
Psy.D | Sagepoint Institute for Integrative Health |
Kathy's Book**

Although thankful she has never been diagnosed with cancer, as a wife, daughter, granddaughter, niece, friend and therapist of those diagnosed, Kathy has come to learn that treatment is far more than what is happening in the body. Kathy believes that successful treatment must encompass the whole person, including the mind and spirit.

The Blough's are going to elaborate on Kathy's research, mini-monograph, and Dr. Blough's cancer diagnosis and approach to care.

11:00 am: Laughter Circle



**Speaker: Cheryl Schneider, RN-BC, BA, CWC, CLL, AE-
C, CDE | Access Health**

Cheryl's presentation introduces participants to the benefits of laughter as an adjunctive approach to working with individuals throughout the human services spectrum. Once you let go of the resistance and embrace laughing, life becomes more positive creative, and lighter. Laughter is highly beneficial for everyone, irrespective of physical condition or background.

12:00 pm: THE TAO OF PREVENTION

Push On



Speaker: Surfer Mick

Please join holistic health chef Mick Von Doxtater aka Surfer Mick as he talks about his lifelong clean food philosophy and about using the correct foods when beginning a new workout program.

As the owner of a bodybuilding gym in the early 80's Mick started his culinary journey with a blender and a portable grill.

These two simple yet important tools were all that was needed to make protein drinks and grilled chicken breast which were and still are the foundation of a bodybuilder's diet. Simply put, the main point of this lecture is to remind people that we are all bodybuilders!

The Tao of Prevention - PUSH ON program was created by Mick to give people a tool they could put to work immediately if and when they decided to pursue a new healthy lifestyle and workout routine. PUSH ON is a simple and quick mind map that can keep you on course the rest of your life.

Mick will talk about how confusion is one of the main reasons many people do not start or continue a healthy life style training program and how simple tools like his PUSH ON mind map along with positive thoughts can help clear your mind and how that can clear the path for a new healthier you.

Successful, healthy changes require clear and intentional thinking to reach any major physical goals.

Mick coined a simple phrase back in the late 70's. Clean sky, clean water, clean food. This philosophy is baked into all his meals and the food products he produces and sells. This phrase has been the Surfer Mick's motto for decades and it is even more relevant in today's toxic environment.

Like Mick, many are on that Endless Summer Search to find the perfect way to be happy and healthy and in this talk Mick will touch on how those two words, happy and healthy are incredibly connected. Save the date and join the talk.

"The food that builds our bodies and elevates our moods also restore our bodies and lifts our spirit when we face injury or illness. Same, same."

-- Surfer Mick.

01:00 pm: Transformational Leadership and High-Intensity Interval Training



Speaker: Author Dr. Carol Himelhoch, PhD | Siena Heights University | Dr. Carol's Book

Carol Himelhoch, PhD, (The University of Michigan) is Professor of Management and Organizational Behavior at Siena Heights University in Adrian, Michigan. Her management experience spans Tier 1 automotive manufacturing operations, marketing, advertising, and retail management. Dr. Himelhoch will speak about her research, which according to Miki Carey, owner of Gardens CrossFit, is "A new way to think about fitness, health, and occupation."

02:00 pm: Optimizing Wellness in Cancer Survivorship



Lorraine J. Pearl-Kraus, PhD, CS, FNP-BC Network Program Director, Oncology Betty Bloomer Ford Cancer Rehabilitation Program, Mary Free Bed Rehabilitation Hospital

Dr. Pearl-Kraus is going to give a brief overview of Mary Free Bed's brand new facility in Grand Rapids, as well as, the Yoga, Food & Friends study currently underway.

Dr. Pearl-Kraus joined Mary Free Bed in 2012 as Coordinator of the Betty Bloomer Ford Cancer Rehabilitation Program. A board-certified Family Nurse Practitioner, she has more than 30 years of advanced-nursing-practice clinical experience in the areas of oncology clinical research trials, neurosurgery/trauma and primary care. Dr. Pearl-Kraus also has taught graduate-level clinical and research courses for more than 20 years.

03:00 pm: Nutritional Support for Cancer Care & Beyond



Speaker: Wendy Borden, MSc, MSc | The Revive and Thrive Project

Wendy will be speaking about the important role of nutrition both during and after cancer treatment. Selecting healthy foods will supply the body with the nutrients to nourish, repair and heal the body along with reducing the risk of a recurrence.

Wendy is the Executive Director of the Revive & Thrive Project in Grand Rapids, a nonprofit that provides cancer patients with nourishing meals during the healing and recovery process. The meals are prepared by teens who engage in culinary and gardening opportunities.

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Revive & Thrive Project

Nourishing the community, one meal at a time.

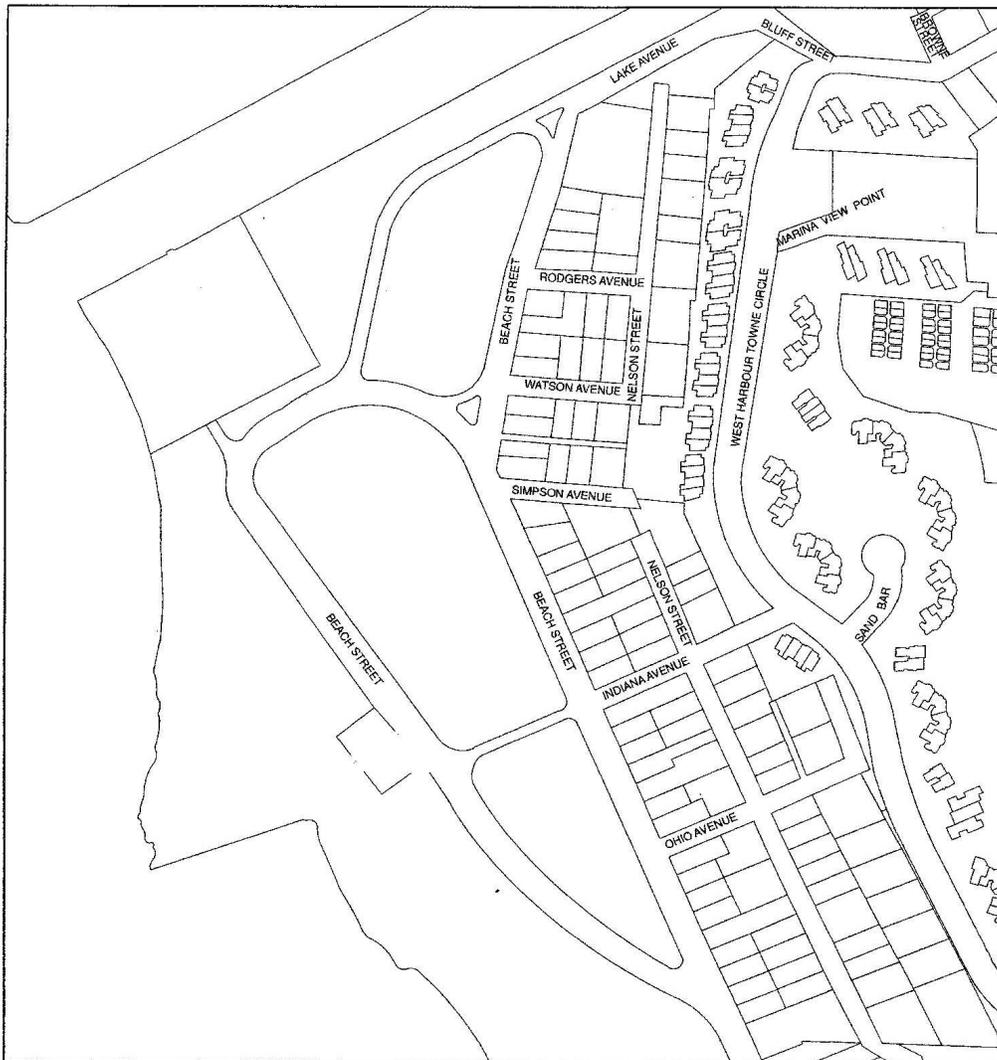


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Instructor: Daniel Morrow

Master Instructor 5th Degree



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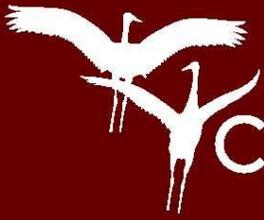
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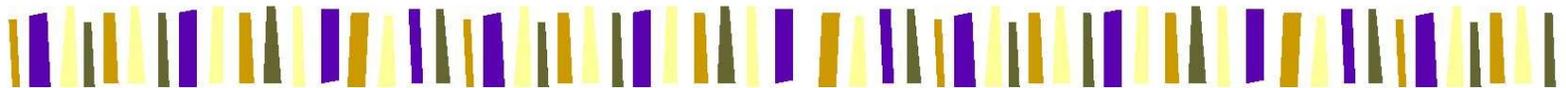
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We would like to thank the USS SILVERSIDES Submarine Museum for providing the audio equipment for the 1st Annual Hot Sand Volleyball Tournament and Wellness Day. Please visit the USS Silversides, the U.S. Navy's most successful surviving World War II submarine, at 1346 Bluff Street (adjacent to Margaret Drake Elliot Park) or online at <http://silversidesmuseum.org/>

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ACEF's mission is to foster an ecosystem of evidence-based mind-body medicine that promotes and improves the health of our community.

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ACEF is changing lives, one person, one cancer survivor, one caregiver, one person living with chronic disease at a time.



To learn more about our integrative care approach

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The Betty Bloomer Ford Cancer Rehabilitation Program at Mary Free Bed Rehabilitation Hospital is designed to help you live every moment. Our restorative, supportive and preventative treatment can improve quality of life no matter where you are on your cancer journey. To learn how we can help you thrive, visit www.maryfreebed.com/cancer-rehabilitation

Restoring Hope and *Freedom.*
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