

## **Lorrie Meyercord, MS, L.Ac. - Acupuncturist**

[www.lorrieacupuncture.com](http://www.lorrieacupuncture.com) 650-284-5560

Lorrie is a licensed acupuncturist and Chinese herbalist with a private practice in South San Francisco, CA. She is a trained life coach and NET practitioner. Her goal is to empower her patients when it comes to their mental, physical and spiritual health. Along with the acupuncture and herbal treatments, she provides take home tools that patients can use on their own.

Lorrie will be doing the 5 ear points that treat anxiety at the fair for anyone who wants to try it, so get there early to sign up for a chair!

She will be raffling off a free initial session \$150 value.

## **Paige Anne – Reiki Master**

650-892-2430

Paige uses a combination of energetic work based on Shamanic, Reiki and Quantum Healing Teachings to create a field in which the body and spirit can come together as one allowing for infinite possibilities to manifest. She has been studying and practicing in the world of quantum healing and subtle energy for over 10 years. Paige is an ordained minister who enjoys working with people, animals and the land. I am working on a program geared toward working with subtle energy, intuition, conscious thought and verbal communication. These are useful tools for parents with children of any age.

She will be raffling of a gift certificate for a one hour session.

## **Jeri Dansky - Professional Organizer**

[jeri@jdorganizer.com](mailto:jeri@jdorganizer.com) 650-726-0456

Jeri Dansky helps people whose clutter is driving them crazy - and helps the mostly organized do even better. As a professional organizer, she has been working with families throughout the Bay Area for over four years. She is proud to be a green organizer, helping her clients find new homes for items they no longer need, so as little as possible goes to landfill.

You can sign up for a free monthly e-mail newsletter on her web site, [www.jdorganizer.com](http://www.jdorganizer.com). She also blogs (almost) daily at [jdorganizer.blogspot.com](http://jdorganizer.blogspot.com); her blog is filled with interesting organizing and decluttering tidbits.

She has information on reducing kid clutter, eliminating junk mail, and much more. She'd be glad to answer any questions you might have.

She will be raffling off organizing products designed to help parents and children.

## **Janice Wallace, The Eldercare Coach**

[www.caringforcaregivers.com](http://www.caringforcaregivers.com)

[www.understanding-dementia.com](http://www.understanding-dementia.com) 415-661-3271

Helping families provide the best care possible to a parent or grandparent. I'll be handing out an article I wrote "The 5 Top Mistakes that Families Make When Caring for An Elder"

My raffle prize is a one hour massage from Gina Racanelli.

## **Mary E. Knippel, Creativity Mentor**

[www.openuptoyourcreativity.com](http://www.openuptoyourcreativity.com), 650-468-5528

**Meria's Marvelous Mischief - A Play Date for Moms!** Give yourself permission to play and invite your imagination along as we explore ways to balance obligations with opportunities to have fun.

Mary E. Knippel began writing in her journal at age 11. She currently writes for CoastViews Magazine and is also working on a memoir about motherhood. As a Creativity Mentor, Mary conducts workshops in which participants discover their authentic selves and encourages women to use Creativity as a healing tool.

She will be raffling off a copy of Simple Abundance.

## **Ernest Maggioncalda, DDS - Orthodontist**

[www.tingrin.com](http://www.tingrin.com) 650-994-1818

Dr. Ernie Maggioncalda is a native San Franciscan, born and raised in the Sunset District and a graduate of Abraham Lincoln High School where he met his future wife, Lynne. They have 4 grown children and 8 grandchildren and have lived in Pacifica, California since 1971.

Dr. Maggioncalda has been practicing orthodontics exclusively for the past 35 years, and has experience in most modern treatment techniques, including Invisalign. Along with his excellent staff, the total years of orthodontic experience currently in his practice amounts to more than 95 years!

It is recommended that children be seen by an orthodontist by age 7. Developing dental problems such as crossbites, crowding, tooth eruption, and finger/thumb habits can be corrected early thereby simplifying later treatment.

He will be raffling off a teeth whitening procedure.

## **Stephanie Hamilton Designs**

[www.stephaniehdesigns.com](http://www.stephaniehdesigns.com) 650-922-2418

Stephanie Hamilton has been a PMC mom for nearly 10 years with children ages 5 and 9. She designs and creates her jewelry in her home studio in Pacifica. Each piece in her collection is hand-knit with wire and semi-precious stones, pearls, coral, or shells. Her distinctive designs evoke images of the sea: a drift net catching a pirate's booty of treasure, or a filigree band beset with richly-colored, gleaming stones. The jewelry's delicate appearance belies its strength and supple nature. Like a fine knit cashmere sweater, the jewelry is incredibly light and moves with you for a custom fit.

Her line is carried at Lisa Violetto's shop in Noe Valley and the Winterbranch Gallery on Fillmore Street in Pacific Heights, but she loves to sell locally with trunk shows and home events. Feel free to call if you need a present or your hubby does!

She will be raffling off a pair of amethyst earrings.

## **Natasha Loeffler-Little, CNE, BA – Food Coach**

[www.LLittlefoodcoaching.com](http://www.LLittlefoodcoaching.com) 650-619-3206

Natasha is a Certified Nutrition Educator based in Half Moon Bay, CA. She helps individuals and families get organized, motivated and educated about food as a prescription to manage a variety of health concerns. She specializes in weight management, food sensitivities, acid reflux, fertility and pregnancy nutrition. Natasha is passionate about eating real food, real tasty food for real people!

Natasha will be available for 10 minute consultations as well as debuting several personalized packets she has put together for families.

She will be raffling a one hour personalized food coaching session.

## **Tala Stephens, Certified Personal Trainer**

[www.talafitness.com](http://www.talafitness.com) 650-515-1183

Tala is a member of the PMC and owns her own Personal Training studio here in Pacifica. She has been a trainer for 7 years and enjoys helping men, women and teens to reach their fitness goals. Tala has experience working with pre and post natal women. Tala offers partner and small group exercise sessions as well as one on one. She can also help you create a workout for your house or the gym.

Tala will have some of her equipment for you to try, so wear comfortable clothes and shoes.

She will be raffling off a free session of training at a value of \$75.

## **Gina Racanelli, Certified Massage Therapist**

[ginarac\\_massage@yahoo.com](mailto:ginarac_massage@yahoo.com) 650-465-4683

Gina received her massage certification in 1992 and now runs her private massage practice at Visions Body Care in the Vallemar District of Pacifica. For the first 14 years of her massage career she worked at a Daly City Health Club massaging it's members and managing a team of therapists. Having years of hands on experience has left her with a great knowledge of how to work with variety of clients helping them to let go of the tension and stress that they are storing in their body, mind, and spirit. She has worked with lots of women helping them to release some of the pain and discomfort that occurs throughout their pregnancy. She is passionate about her work and it is her goal to send all of her clients away enhancing their well being on every level.

Gina will be offering complimentary 5-minute chair massages at the health fair. There is a limited amount of people that she will be able to work with so please stop by early and sign up. She looks forward to sharing her work with you.

She will be raffling off a 60-minute massage session at a \$75.00 value.

## **Susan Bishop - Nurse, Hypnotherapist and Master NLP practitioner**

[www.mindover.com](http://www.mindover.com) 650-557-0181

Are you interested in fast, effective, permanent change? Susan Bishop of Mind Over Matter is a nurse, hypnotherapist and master NLP practitioner. She is a subconscious specialist – she helps make your subconscious mind your best friend, instead of your biggest challenge. Susan has worked in healing for over 30 years – in full time private practice for over 10 years – where she has helped over 800 clients improve their lives. In addition to her private practice, she has also taught stress management and self-hypnosis through Skyline College and the College of San Mateo, and offered low-cost hypnotherapy to people living with HIV and AIDS through the Immune Enhancement Project in San Francisco.

Susan will be teaching a quick tool to eliminate food cravings – so be sure to sign up! She looks forward to meeting you all.

She will be raffling off a free initial 1 ½ hour session – a \$120 value.

## **Surrey Blackburn Photography**

[www.surreyblackburnphoto.com](http://www.surreyblackburnphoto.com) 650-359-9747

Surrey loves to capture families being themselves and having fun - the kind of photo that makes you smile. She has been capturing families for over 20 years. Check out her website to see those smiles!

She will be raffling a free portrait session which includes: 1 hour family photograph, an image enhanced CD of at least 50 photographs for you to use for your website or for prints AND a contact sheet. Retail value \$250.00.

## **Vicky Cruz, DC - Cruz Chiropractic Care**

[www.cruzchirocare.com](http://www.cruzchirocare.com) 650-588-7246

Dr. Vicky Cruz is a Chiropractor and a Certified NeuroEmotional Technique (NET) practitioner at Cruz Chiropractic Care. She specializes in Holistic Integrative Care to treat the root cause of your disease without the use of prescription drugs or surgeries. Instead, Dr. Cruz treats your condition using the Mind-Body approach with functional whole food nutrition, detoxification and stress reduction

Dr. Cruz will provide the Holmes and Rahe Stress Test Evaluations that determines a stress level score. If warranted, she will do a complimentary NET demonstration. She will also be promoting for all attendees, an Examination and Consultation for \$20. The \$20 will go to a local Coastsides charity.

She will be raffling off a basket of goodies that will promote alignment of the Mind and Body.

## **Sandra Whatmore – Juice Plus**

[www.sandywhatmore.com](http://www.sandywhatmore.com) 415-279-3595

Experts agree: the best way to reduce your risk of disease is to eat healthier. Almost every day, another piece of research or another news story touts the importance of our dietary choices -- especially the benefits of eating more fruits and vegetables.

Juice Plus+ provides the nutrition from 17 different fruits, vegetables, and grains in convenient and inexpensive capsule form. Taking Juice Plus+ capsules every day provides the nutritional foundation we so desperately need that is so lacking in our diets today.

Sandra will have William Sears, M.D. who works in Pediatrics in San Clemente, California at the fair to answer any of your questions.

She will be raffling off Juice Plus gummies for kids.

## **Ellen Joseph, Muralist & Fine Artist**

[www.ellenjoseph.com](http://www.ellenjoseph.com) 650-728-7518

Ellen paints murals in that add color and life to children's bedrooms. Her murals reflect children's interests and spark their imaginations.

She will be raffling an 8"x10" reproduction of her painting of California Poppies.

## **Viv Tracy, Mary Kay Skin Care and Cosmetics**

[www.marykay.com/vivtracy](http://www.marykay.com/vivtracy) 415-518-2747

Viv has been a Mary Kay Skin Care Consultant for going on 6 years. She is committed to helping people achieve healthy glowing skin from the convenience of their homes. Her products are high quality at an affordable price. Stop by Viv's table where she will have products for you to try and samples to hand out. Let her help you Put Your Best Face Forward!

She will be raffling off your choice of either Mary Kay's Red Tea and Fig or Lotus and Bamboo Spa Set.

## **Ron Kino – Ocean Yoga**

[www.oceanyogapacifica.com](http://www.oceanyogapacifica.com) 650-355-9642

Ocean Yoga is a sanctuary where people can access wellness through massage, yoga, and dance. We offer yoga classes for all levels, led by certified and experienced teachers, with a focus on the well-being of each individual student.

Ron will be doing demonstrations at the fair.