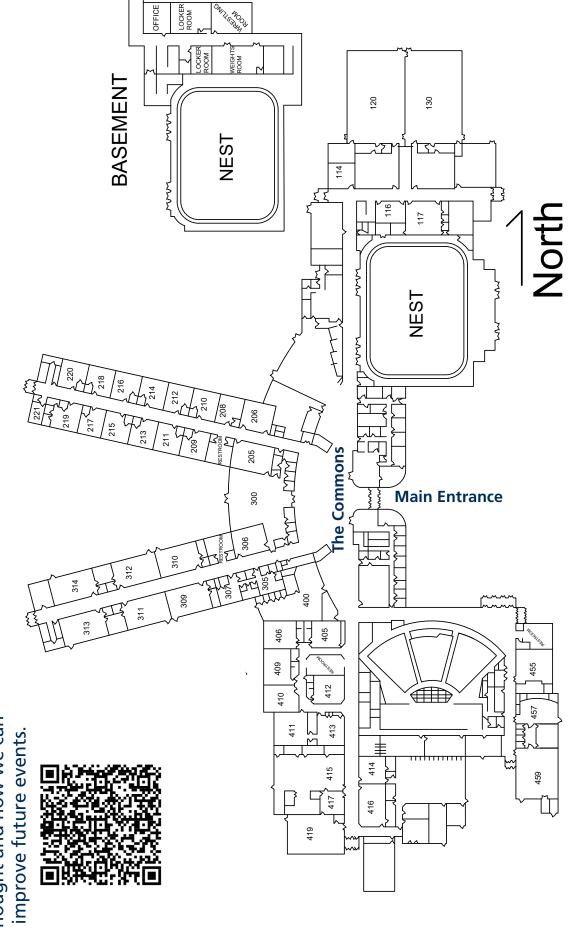
Class Schedule

| Topic | Title | Presenter | Room | 9 | 10 | 11 | 12 |
|-------------------------------------|---|------------------------------|------|----|----|----|-----|
| Gardening | Growing Seeds 9 | Ryan Davis | 306 | Х | X | | |
| | Garden Basics 10 | | | | | | ₩ |
| | Open Questions and Answers about | | | | | | |
| Becoming Self-Reliant | Becoming Self-Reliant | Russ Olsen | 306 | | | Х | Х |
| Intermountain Heber Valley Hospital | Stop the Bleed | Karlene Hibbard, RN | 205 | Х | Х | | ┼ |
| Wasatch Fire District | Hands Only CPR | Heidi Heller | 205 | | | X | Х |
| Fruit Trees | Selecting Fruit Trees for the Wasatch Back | | 206 | Х | ., | Х | ļ., |
| Tapping Boxelder Trees | | Wesley Krump | 206 | ., | Х | | Х |
| The Food Storage Depot | Sanitation | Marcello Surjopolos | 208 | Х | | | +- |
| The Food Storage Depot | 7 Steps Emergency Preparedness | Marcello Surjopolos | 208 | | Х | | ₩ |
| The Food Storage Depot | Emergency Water | Marcello Surjopolos | 208 | | | Х | ļ., |
| The Food Storage Depot | Emergency Foods and 5 Food Killers | Marcello Surjopolos | 208 | | - | | Х |
| The Right Stuff | When 911 Isn't Coming: Care for the Unexpected | Elisa Scherzinger | 209 | Х | | Х | |
| The Right Stuff | Surviving the Unseen: Overlooked Health Threats After a Disaster Silent Killers: Understanding Hidden Health Risks in an Emergency | Elisa Scherzinger | 209 | | х | | х |
| Learning the Science of Iridology | Prepare yourself: Know Your Health With Iridology | Jordan Gunderson | 210 | X | | | |
| Keeping Healthy Through Using Herbs | Understanding Herbs and How to Use Them When There Is Nothing Else | Jordan Gunderson | 210 | | | Х | |
| Eating a Healthy Breakfast | Reverse Disease With Breakfast | Cassidy Gunderson | 210 | | Х | | |
| Healing Disease Naturally | How to Heal Any Disease Naturally | Cassidy Gunderson | 210 | | | | Х |
| Gardening | How to Grow A Big Bountiful Beautiful Garden in One Year | Sandra Olsen | 211 | Х | х | Х | х |
| HAM RADIO | How to Keep in Touch when Communications Go Down like Phones & Internet | Brad Hansen & Mac Mahoney | 212 | Х | х | х | х |
| Wilderness Gear | Essential Wilderness Gear and Emergency Blanket Kits | Kyle Thomson | 213 | Х | х | | |
| Wilderness Gear | Cordage making and Primitive Traps | Kyle Thomson | 213 | | | Х | Х |
| Lymphatic Health | The Body and Extremities Understand & Heal Yourself | Caroline Rhodes, PT | 214 | Х | | | |
| Lymphatic Health | The Head and Neck Understand & Heal Yourself | Caroline Rhodes, PT | 214 | | х | | |
| Lymphatic Health | The Body and Extremities Understand & Heal Yourself | Caroline Rhodes, PT | 214 | | | х | |
| Lymphatic Health | The Head and Neck Understand & Heal Yourself | Caroline Rhodes, PT | 214 | | | | х |
| Beekeeping | Beekeeping for Beginners | Blaine Bates | 215 | Χ | Х | | |
| Chickens | Chickens 101 | Natasha Lucas | 215 | | | Χ | |
| Circles Heber Valley | Hidden Rules of Social Classes from Bridges Out of Poverty. | Jeri Davis | 216 | | x | | |
| Creating a Life You Love | 3 Incredibly Effective Ways to Get Off the Hamster Wheel and Create a Life You Love | Kelly James | 216 | | | х | |
| Fueling Focus | How Amino Acids Support The 7 types of ADD/ADHD Brain Health | Laurie Gagan | 217 | | Х | | |
| Edward Jones - Financial Advisor | Emergency Funds, Cash Strategies, and How to Prepare for the Unexpected. | Edison Christofferson | 217 | | | х | |
| | | | | | | | 1 |

2025 Wasatch Community Self-Reliance and **Emergency Preparedness Fair**

Wasatch High School

Please tell us what you thought and how we can improve future events.



| | Displays & Vendors | | | | |
|--|--|---|-------------|---|----------|
| IT Wasatch County | Cyber Security | Don Wood | + | | \Box |
| Stitching Hearts Worldwide | Weave Plastic Bag Sleeping Mats | Debbie Proctor, Angela | | | |
| _ | Weave Flastic Bag Sleeping Mats | Hadlock | \perp | | |
| Rockwell Water Systems, Inc. | 5 | Mell Wosley | | | |
| W. Steven Everett, LUTCF, MFS, PA | Do you have a Will or Trust? | Steve Everett | \perp | | |
| Just Serve | Community Service | Ann Moulton | \perp | | |
| Reko Technologies | Food APP - Bringing Locals Together | Tyler Taggart | + | | |
| Health Dept Health Promotions/Nursing | Diabeties/Prediabeties | WCHD Staff (Lewis) | + | | |
| WIC Wasatch County Medical Reserve Corps | Infant & Child Emergency Kit & Feeding Being Healthy Resilient (seniors, pets, personal) | Christy Watt (WCHD) Dale & Pam Blackwell | | | |
| Wasatch County Medical Reserve Corps | Narcan Education & Drug Take Back packets | Kate Fiddyment | | | |
| Live Like Sam | Youth Mental Health Resilience | Jessica Parker | \top | | |
| Huntmans Mental Health | Mental health resources at Huntsman | Starr McClatchie | | | |
| Heber Valley Hospital | First Aid & Stop the Bleed | Jeni Jones and Karlene Hibbard | | | |
| Wasatch County Government | County resources including Senior Tax Abatement and Paratransit | Joan Gould & Tiarra Cooper | | | |
| Sophos Survival | Survival Products | Isaiah Price | | | |
| "THE RITE STUFF" | Elisa Was a nurse for 26 Years. FIRST AID KITS. DON'T BUY FIRST AID KITS FROM THE THE STORE. | Elisa Scherzinger | | | |
| Wellness Coaching | Creating a Life You Love | Kelly James | | | |
| Circles Program | Community Action | Jeri Davis | | | |
| Pear Tree Llamas | Using Llama Wool to Make Clothing | Katy White | | | |
| Fueling Focus | How Amino Acids Support The 7 types of ADD/ADHD Brain Health | Laurie Ganga | | | |
| Mountain Wellness Bar | Providing Healthy Food for Our Community | Alisha Valdez | | | |
| FOOD STORAGE DEPOT | Everything You Need for Emergency Preparedness and Self-Reliance | Celeste Butler | | | |
| HEALTH SAVES | Jordan and his wife, Cassidy, are Extra Ordinary People in the area of Health Practitiorners | Jordan Gunderson | | | |
| HAM RADIO | How to Keep in Touch When Communications Go Down Like Phones and Internet | Brad Hansen & Marc Mahoney | | | |
| Intermountain Health | Utah Naloxone | Emilie Butler | | | |
| Wasatch Mental Health/Latino Coalition | Mental Health | Trudy Brereton | \perp | | |
| Circles Program | Community Action | Jeri Davis | \perp | | |
| Yellow Dot Program | Assist seniors with health issue and notify 1st responders | Jamie Troyer (UofU/WCHD) | | | |
| Heber City Police | | Blaine Rigby | \perp | | Ш |
| Hidden in Plain Sight | 10x10 Room - Tent set up in South Hall | Kristin Anderson(WCHD) | \perp | | _ |
| Search & Rescue | Search & Rescue | Kam Kohler | \perp | - | |
| Wasatch Fire District | Fire | Kristen Richardson & Claire Provost | | | |
| CERT | CERT | Bill Hjelm | \perp | | |
| BYU PATHWAY | BYU PATHWAY | Stacy Hall | \perp | - | |
| Diabetes Prevention | Diabetes Prevention | Betty Wade | + | | |
| Enbridge (Formly Dominon Energy) | Carbon Monoxide | Seth Palizer | + | - | |
| Lee's Market | Em Prep Supplies | Matt Weiser | + | | _ |
| Heber Light and Power | Energy for EM Preparedness | Jared Wright | + | | + |
| Utah Army national guard | Military and Primitive survival | Tyler White | + | + | \vdash |
| SelectHealth | Health Insurance | Kimberly Ruiz | Щ | | |