



# 2019 Summer Planning Meeting

Finger Lakes Library System

## Performers Showcase

### Schedule

10:30-10:40	Lindsay Sprague
10:45-10:55	Cornell SPIF
11:00-11:10	Heidi Eckerson & Melissa Miller
11:15-11:25	Cayuga Nature Center

### Lindsay Sprague

**Name of programs:** Offers many programs including: Astrophysics 101, Life Size Solar System, The Great Space Race – Constellations, Biospheres - Growing Food on Mars, and Navigating the Stars. Full catalog of programs: <http://bit.ly/2TsAfw5>

**Cost:** \$100 - \$250 depending on program, plus mileage one way at \$0.50 - \$1.00 per mile depending on the rig necessary for transport

**Name of presenter:** Lindsay Sprague – Winterberry Homestead

**Contact info:** [WinterberryHomestead@gmail.com](mailto:WinterberryHomestead@gmail.com), booking schedule: <http://bit.ly/2SJAhv4>

**Brief description:** For complete descriptions of the programs Lindsay offers, visit her catalog and FAQ <http://bit.ly/2TsAfw5>. Her most popular programs include the Traveling Farm, Butterfly Release and Conservation, Chickens Around the World, Horses 101, Bioshock - Neuroscience for Everyone, and Sheep/Angora Wool Spinning.

### Cornell SPIF (Spacecraft Planetary Imaging Facility)

**Name of program:** Exploring the Solar System with SPIF

**Cost:** Free

**Name of presenter:** Zoe Learner Ponterio

**Contact info:** [spif@astro.cornell.edu](mailto:spif@astro.cornell.edu), 607-255-3833

**Brief description:** The Spacecraft Planetary Imaging Facility (SPIF) offers a variety of presentations, demonstrations, and hands-on activities related to planetary science and Solar System exploration. All services can be tailored in length and content according to age and size of audience, topic of interest, etc.

### Heidi Eckerson & Melissa Miller

**Name of programs:** Movement-Based Book Club (Featured book: *Move Your DNA: Restore Your Health Through Natural Movement* by Katy Bowman) and Whole-Body Movement Series

**Cost:** Movement Based Book Club - Four 1.5 hour sessions at your library for \$250, Whole-Body Movement Series - Contact Melissa to discuss your library's specific programming needs and pricing options. Both programs have a travel fee of \$25 for libraries outside of Tompkins County.

**Name of presenters:** Heidi Eckerson and Melissa Miller

**Contact info:** For book club [heidi@alternativeslibrary.org](mailto:heidi@alternativeslibrary.org); For Whole-Body Movement Series

[Melissa@nuravita.com](mailto:Melissa@nuravita.com)

**Brief descriptions:**

*Brief description of Book Club*

How *does* your body move?

What is non-exercise movement?

Curious what “diseases of captivity” look and feel like?

Join Melissa Miller and Heidi Eckerson for this unique movement-based book club that meets weekly to explore and experience these questions posed by Katy Bowman in her book *Move Your DNA: Restore Your Health through Natural Movement*. This book is meant to be a practical resource to help you move your body in new ways, which can sometimes be challenging without guided instruction. Our hour and a half meetings will combine discussion with movement in a safe and supportive environment, applying Katy’s approach to “restor [-ing] our health through natural movement”. No experience is necessary.

*Brief description of Whole-Body Movement Series*

Whole-Body Movement Series is a professionally facilitated program led by Dr. Melissa Miller, D.C.

**(Bios)**

Melissa Miller, D.C., has had extensive training with Katy Bowman and is a Nutritious Movement™ certified Restorative Exercise Specialist. She is excited to offer her expertise to help participants feel confident with the exercises so they can start incorporating them to daily life activities. Melissa is also a chiropractor and registered nurse in Ithaca. Her practice, Nuravita, specializes in treatment of neuro-musculoskeletal conditions as well as whole-body movement instruction for general wellbeing. For more information you can check out her website: [www.nuravita.com](http://www.nuravita.com)

Heidi Eckerson, MAT, MS-ILS, is a librarian at the Durland Alternatives Library who is also a New York State licensed massage therapist and strongly believes that moving better is living well.

## Cayuga Nature Center

**Names of programs:** Outdoor Education and Live Animal Programs

**Cost:**

Program	Participant Limit	Base Price			Travel Fee
		30 min.	45 min.	1 hr.	
Outdoor education	20	\$50	\$75	\$100	\$25
Live animal	20	\$65	\$90	\$115	\$25

**Name of presenter:** Savannah Wilson, Animal Education Manager

**Contact info:** [education@cayuganaturecenter.org](mailto:education@cayuganaturecenter.org)

**Brief description:** From amazing animals to the great outdoors, the Cayuga Nature Center has programs available for all ages and all interests! All of our programs offer hands-on activities tailored to engage all levels of learning, from preschool to adulthood. Our education collection boasts museum-quality specimens for your audience to explore, coupled with engaging activities that can be constructed to meet your educational objectives. Contact our staff to explore the diverse array of possibilities the Cayuga Nature Center can provide to bring a unique, customized and remarkable experiences to your program participants.