

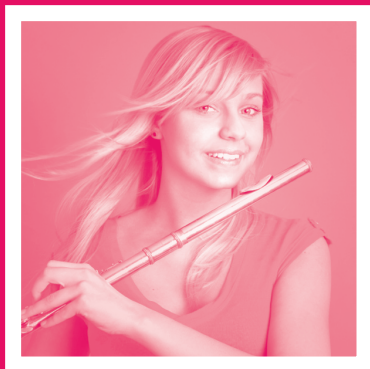
girls living exciting experiences

Plan to attend the Southern Illinois Women's Teen Conference

A subsidiary of Women for Health and Wellness, Inc.

February 25, 2012 • 8:30 a.m. - 2:00 p.m.

John A. Logan College • Carterville, IL 62918



DIAMOND SPONSORS

Hearland Regional
Medical Center

John A. Logan College

Pepsi MidAmerica

Southern Illinois Healthcare

BRONZE SPONSORS

Cardinal Care

First Circuit Family Violence
Coordinating Council

Poshard Foundation
for Abused Children

PLATINUM SPONSORS

Banterra Bank

WSIL-TV3

WSIU Public Radio

WSIU Public Television

PEARL SPONSORS

Cathy Wood

Fifth Third Bank

Kiwanis Club of Carbondale

Southern Illinoisan

9:00 a.m. opening keynote

“anything goes” safe social networking

Dustin Lingle, Special Federal Officer, FBI, Southern Illinois Cyber Crimes Task Force

When you are on the Internet, do you use Facebook, Myspace, and other social networking sites? Do you think you are safe? Could an Internet predator find you based on what you do and say? Chances are YES! Learn how to be protected from predators, both on the Internet and in real life.

10:00 a.m. breakout session 1

“misery” Tiffany Becker, L.C.P.C., The H Group

Do you understand self-abusive behaviors, like cutting, in teenagers? There are common reasons for cutting and treatment solutions as well ways friends can help and things they should avoid in helping a friend who cuts.

“you’re the one that i want”

Sharon Peterson, Ph.D., R.D., Owner, Southern Illinois Nutrition Therapy

Learn some shocking and unusual Fast Food Facts, plus how to make healthy choices at your favorite fast food venue or convenience store, so that what you chose is fast but not fattening.

“can’t fight this feeling”

Matthew Buckman, Ph.D., Harrisburg Medical Center - Eldorado Primary Care

Anger is most commonly identified as a feeling that teenagers “want to go away!” Uncover the myths and truths about why we get angry and what we can do about it.

“jump!” (teens only session) Longshore's Tae Kwon Do, DuQuoin

Do you know how to protect yourself and escape from dangerous situations? In this hands-on Self Defense and Self Protection session, you'll learn simple moves and tips that could help you get out of a difficult spot. The session size is limited.

“me against the music” (teens only session) Kelsey Bunner, Certified Zumba Instructor

Zumba features exotic rhythms set to high energy Latin and international beats. It's easy to do, effective and totally exhilarating. The session size is limited.

“isn’t she lovely?” (teens only session) Rachel Ketchens, Cosmetologist and Makeup Artist

Are you ever awed at celebrity makeup in magazines, but can't seem to get the look? Find out how to apply the most popular looks in easy steps that will fit to your unique features and even how to take care of your skin. The session size is limited.

“papa don’t preach” - part 1 (adults only session)

Miriam Link-Mullison, Public Health Administrator, Jackson County Health Department

This session is for parents and adults who work with teens. In Part I, we will show the DVD “Let's Talk About Sex”, which takes a revealing look at American attitudes toward adolescent sexuality. A panel of experts will discuss how to talk about sexuality with teens in Part II.

“taking chances” (adults only session)

Dustin Lingle, Special Federal Officer, FBI, Southern Illinois Cyber Crimes Task Force

Are your children on the Internet? Are you safe on the Internet? Studies show you and your family may not be as safe as you think. Find out how to protect yourself.

Exhibitors will be on hand all MORNING with products and services just for teen girls. Plan to browse, get information and even shop between sessions!

11:00 a.m. breakout session 2

“do you think i’m sexy?” (teens only session) *Jill Cash, M.S.N., A.P.N.,*

Logan Primary Care and Francis Tsung, M.D., Southern Illinois OB-GYN Associates, P.C.

Hearing your friends talk about what happened and what they did over the weekend? Wondering why they make the decisions they do? Have you or your friends made decisions that you wish you could erase from your past? Learn about teen relationships and consequences encountered when making decisions.

“defying gravity” sports medicine *Tara Robbins, M.D., Heartland Regional Medical Center*

Do you participate in sports? Have you been injured? An athlete herself, Dr. Robbins will discuss common sports injuries and proper prevention techniques.

“bridge over troubled water” *Judy Ashby, M.S., L.C.P.C., Lifesavers Training Corp.*

Have you or your friends ever felt that life sucks? Have you or anyone you know ever wished they weren't here? How do you make it better? Learn about common teenage suicidal thoughts. Discover effective ways to help friends and yourself cope with pain, erase the blues, and get closer to that place where life rocks!!

“jump!” (teens only session) *Longshore's Tae Kwon Do, DuQuoin*

Do you know how to protect yourself and escape from dangerous situations? In this hands-on Self Defense and Self Protection session, you'll learn simple moves and tips that could help you get out of a difficult spot. The session size is limited.

“me against the music” (teens only session) *Kelsey Bunner, Certified Zumba Instructor*

Zumba is a mix of Latin dances that is a great cardiovascular workout. Since you're having fun dancing, it doesn't feel like a work-out. The session size is limited.

“isn't she lovely?” (teens only session) *Rachel Ketchens, Cosmetologist and Makeup Artist*

Are you ever awed at celebrity makeup in magazines, but can't seem to get the look? Find out how to apply the most popular looks in easy steps that will fit to your unique features and even how to take care of your skin. The session size is limited.

“papa don't preach” - part 2 (adults only session)

Jaleen Sims, M.P.H., Melodi Ewing, M.D., and Sherry Jones, M.D., M.P.H.

This interactive panel discussion will discuss how to talk to teens about sexuality.

“all by myself” (adults only session) *Michael Handwerk, Ph.D., Licensed Clinical Psychologist, Harrisburg Medical Center - Eldorado Primary Care*

This program will describe techniques and strategies for parents to utilize with their angry offspring. Topics include teaching coping strategies, handling discipline, and managing your own emotions.

12:00 noon lunch

12:45 p.m. keynote address

“don't stop believing” be the star of your own life

Emily Eddington, WSIL-TV Morning News Anchor and Founder of Beauty Broadcast

Confidence isn't something you're born with, it's something you develop through life experiences. As a local news anchor and online makeup expert, Emily Eddington learned early on about the importance of self-confidence, persistence and following your dreams. Positivity and passion can help you make dreams a reality... and make you the star of your own life.

1:45 p.m. closing and door prizes

To attend, just complete the registration form
below and return it with a \$20 payment to:

Southern Illinois Women's Teen Conference

c/o John A. Logan College • 700 Logan College Road • Carterville, IL 62918

A limited number of partial scholarships are available. Please contact our office for information.

Registration Deadline: February 20, 2012

Yes, I will attend the Southern Illinois Women's Teen Conference!

Name: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Jr/High School: _____

Grade (Circle): 7 8 9 10 11 12 ADULT

Register me for these Breakout Sessions
(Assigned on a first come/first served basis)

breakout session 1 10-10:45 a.m.

Please rank your choices 1, 2, 3, 4

___ "misery" cutting

___ "you're the one that i want"

fast but not fattening

___ "can't fight this feeling" anger management

___ "jump!" self defense

and self protection (teens only)

___ "me against the music" zumba (teens only)

___ "isn't she lovely?" (teens only)

___ "papa don't preach" - part 1 (adults only)

___ "taking chances" (adults only)

breakout session 2 11-11:45 a.m.

___ "do you think i'm sexy?" (teens only)

___ "defying gravity" sports medicine

___ "bridge over troubled water"

suicide prevention

___ "jump!" self defense

and self protection (teens only)

___ "me against the music" zumba (teens only)

___ "isn't she lovely?" (teens only)

___ "papa don't preach" - part 2 (adults only)

___ "all by myself" (adults only)

The cost is \$20.

Please make checks payable to: WHW
SORRY, THERE ARE NO REFUNDS FOR CANCELLATION.

For credit card payments, there will be
an additional \$3 fee. Check one:

___ Visa ___ Mastercard

Credit Card Number: _____

Expiration Date (mm/yy): _____

Name as it appears on the card:

You can also register on-line at www.w4hw.org
and pay by credit card using PayPal.

Sponsored by

Women for Health and Wellness, Inc.

Contact us at:

618-985-9210 or

1-800-416-1745

FAX:

618-985-9019



In case of bad weather, please visit
www.w4hw.org or check with www.wsiltv.com.