

Women for Health and Wellness, Inc.

presents the 24th Annual

Southern Illinois

Women's Health Conference

September 18, 2010

John A. Logan College, Carterville, IL 62918

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Grand Door Prize "Treasures of Southern Illinois"

Winner must be present to win.

*Twenty-four years of reaching for issues
that touch our hearts!*

Take time to give yourself a special gift -
the Southern Illinois Women's Health Conference
— a day designed just for you.

Learn about the health issues that affect your life and allow captivating speakers to inspire you to commit to a healthier and happier lifestyle. We will offer an array of health screenings and exhibits you should find informative and interesting. Choose from a variety of breakout sessions. Enjoy a continental breakfast and a delicious lunch; all part of a conference designed to provide women a day to learn more about their health in a relaxed, inviting setting. *We hope that you will join us!*



**"No Detours –
A Journey into Wellness!"**

Keynote Speaker

PASHA HOGAN

B.B.S, RYT, Psychotherapist, Workshop
Facilitator, Inspirational Speaker, Yoga/
Meditation Teacher

*Pasha Hogan's keynote talk is sponsored by
The Breast Center, a service of Memorial
Hospital of Carbondale, and Women for
Health and Wellness, Inc.*

As a three-time breast cancer survivor, Pasha knows what it is like to live in the unknown. She shares her story and her passion for living to inspire women to embrace their health and their wellness with open arms and an open heart. When you are fully living life from your heart, there are no detours! Right now can be your greatest opportunity for stepping into a vibrant life full of unknown possibilities.

Pasha accompanies you on your journey into wellness, cultivating greater self-love, self-compassion, and self-acceptance. She encourages you to lay down the ideas, beliefs, and stories that no longer serve you so you can transform your life in ways you never could have imagined. You will leave energized and full of hope, ready to take the next step towards a healthier and happier life.

Pasha is a psychotherapist and the founder of Creative Recovery®, a program which activates the creative process, empowering participants to live passionately, transforming their greatest challenges into their greatest triumphs. We invite you to join us for a lively, heartfelt and inspiring talk, to start your conference full of warmth and curiosity towards your own life and wellness.

A Gift from the Heart! If you can't attend this year's conference, but would like to support the conference, please consider donating your registration fee toward a scholarship. There are many women who would enjoy attending the conference, but who cannot pay the modest fee. If you enjoy the conference so much that you want to make certain that it continues, please consider a "Gift from the Heart". On the registration form, check the scholarship(s) and/or donation box and enclose the amount you wish to donate. Thank you for your support!

John A. Logan College is located in Carterville, Illinois on Route 13 between Marion and Carbondale. It is on Greenbriar Road and is visible from Route 13. Park in the lot on the west side of the building and enter the College at the bottom corner of the ramp near the B-Wing entrance. So that you will be comfortable, we recommend that you bring a light jacket or sweater. We also suggest that you wear comfortable shoes!

Women for Health and Wellness, Inc.

c/o John A. Logan College, 700 Logan College Road, Carterville, IL 62918
618-985-9210, 618-985-2828, Ext. 8604, 1-800-416-1745 • www.w4hw.org

CONFERENCE AGENDA

- 7:00 a.m. – 8:30 a.m. **Blood Screenings**
You must fast for 10-12 hours before participating in blood screening! (Drinking water is acceptable)
- 7:00 a.m. – 8:30 a.m. **Continental Breakfast** *sponsored by Healthy Woman, a Heartland Regional Medical Center Resource, and Women for Health and Wellness, Inc.*
- 7:00 a.m. – 2:30 p.m. **Health Screenings Available**
- 7:00 a.m. – 2:30 p.m. **Exhibit Hall Open**
- 8:30 a.m. – 9:30 a.m. **KEYNOTE SPEAKER – CONFERENCE CENTER**
Pasha Hogan
Sponsored by The Breast Center, a service of Memorial Hospital of Carbondale, and Women for Health and Wellness, Inc.
- 9:30 a.m. – 9:45 a.m. **BREAK**
- 9:45 a.m. – 10:35 a.m. **Breakout Session I**
- 10:35 a.m. -10:50 a.m. **BREAK**
- 10:50 a.m. – 11:40 a.m. **Breakout Session II**
- 12:00 p.m. – 1:30 p.m. **Lunch – Conference Center**
- 1:30 p.m. – 1:45 p.m. **BREAK**
- 1:45 p.m. – 2:35 p.m. **After Lunch Session**
- 2:35 p.m. – 2:50 p.m. **BREAK**
- 2:50 p.m. – 3:40 p.m. **Breakout Session III**

Blood Screening

Blood Screening is provided by the Laboratory at Heartland Regional Medical Center. You must fast for 10-12 hours before participating! You may drink water. The test screens for the following:

Anemia	Total Cholesterol	HDL and LDL Cholesterol
Blood Sugar	Triglycerides	
Thyroid Function	Coronary Heart Disease Risk Assessment	

Health Screenings

The following health screenings will be available at no additional charge:

Vision	Foot Problems	Hearing
Blood Pressure and Heart Rate	Height/Weight	Dental
Varicose Vein	Colon Cancer	Lung Function
Skin Imperfections	Bone Density	Blood Oxygen
Fitness Testing - wear comfortable clothing and sneakers	Incontinence	Proper Bra Size

Basket Raffle

The Board of Directors for Women for Health and Wellness, Inc. will hold a raffle for gift baskets. The proceeds support the efforts of Women for Health and Wellness, Inc. Buy your raffle tickets when you send in your registration and you'll get seven tickets for \$5.00. Tickets will be attached to your schedule. Tickets are \$1.00 each or six for \$5.00 and tickets can be purchased on site.

Please bring address labels to place on the raffle tickets and save yourself some time writing your name on the tickets.

BREAKOUT SESSION I

9:45 - 10:35 a.m.

Taking Care of Everyone

Patricia A. Hoke, J.D., Barrett, Twomey, Broom, Hughes, & Hoke, LLP

Estate planning issues confronting women include caring for aging parents, minor children, adult children, and grandchildren. Ms. Hoke will address what decision making authority needs to be in place, for whom, and how that decision making authority is documented including powers of authority for making health care and financial decisions, wills, and short term guardianships for minor children.

Walk for Life

M. Daniel Becque, Ph.D., Department of Kinesiology, Southern Illinois University

Walking to improve health is something almost all individuals can do. It's an inexpensive form of exercise. This is a hands-on session. After a few minutes indoors, we'll head outside for a leisurely walk and talk. Please wear comfortable shoes.

Parenting Isn't Always Easy

John Shadowens, Prevention Coordinator, The H Group

Effective parenting involves so much more than being your child's buddy. There are many myths that are now accepted as fact about what kids need to be healthy and well-adjusted. Come explore this topic where it's safe to ask questions, share experiences, and learn new skills about raising successful and happy teens.

GPS for Breast Health

Donna Crow, R.N., C.B.C.N., Breast Health Patient Navigator, Southern Illinois Healthcare

Ms. Crow will navigate you through different breast health screenings, diagnostics, mammograms, ultrasounds, and biopsies. Breast self exams and clinical exams will be discussed and there will be an interactive discussion of new guidelines that have been in the media.

Feed Your Children Well

Kim Nesler, R.D., Chartwells School Dining Services

Are family mealtimes challenging? Want to give your children a good nutritional foundation? Come learn some tricks for making meals healthy and fun for children.

Communicating with Your Physician

Jan Bowman-Marsh, M.D., Heartland Regional Medical Center

What do I tell my doctor? What do I bring to my appointment? How do I get my past medical information? All questions Dr. Bowman will cover in her important message on getting the best medical care for you and your family.

Worried to Death!!! Anxiety, Its Costs and How to Overcome It

Michael Handwerk, Ph.D., Harrisburg Medical Center, Eldorado Primary Care Outpatient Clinic

Anxiety disorders are one of the most prevalent mental health disorders particularly among females. Yet, relatively few people seek treatment for anxiety. Dr. Handwerk will provide an overview of anxiety and related disorders and discuss treatment for dealing with anxiety.

A Stronger Heart...Understanding Heart Failure

Agnes Delaney, PA-C, Prairie Cardiovascular

Congestive Heart Failure - you've likely heard the term before, and here's a chance to learn more about it in depth. An estimated 62% of heart failure deaths in women are due to Congestive Heart Failure. Learn what it is, how to prevent it and its symptoms.

The Crystal Ball and Cancer Management: Foretelling the Future

Hurley Myers, Ph.D., Emeritus Professor of Physiology, Southern Illinois University School of Medicine

Today nearly two-thirds of cancer patients live five years or longer, a significant increase compared to 50 years ago when only one-third of cancer patients lived that long. What can we expect in the next decade or two? Dr. Myers will review recent breakthroughs in cancer diagnosis and treatment including research that emphasizes the importance of taking more personal responsibility for our health.

Exhibits and Screenings

Devote an entire session to undergoing the screenings and viewing the exhibits.

BREAKOUT SESSION II

10:50 - 11:40 a.m.

Stress Management – Enough Already!

Pasha Hogan, Yoga/Meditation Teacher

Are you tired of feeling stressed and letting your thoughts run the show? Join Ms. Hogan as she teaches you how to let your breath lead the way so you can better handle the stresses of everyday life. This session will incorporate breathing techniques and gentle movement to help you reduce your stress and enjoy your life.

Growing in Your Christian Faith

Cyndi Crisp Dickens and Amy Garrett, Bible Study Leaders

Spirituality is an important part of many people's lives. Yet, it's easy to fall into a rut in one's faith. Learn some ways to reawaken your spirituality and make your faith a cornerstone of your life.

Oral Health

Ashley Maxam, D.M.D., Shawnee Health Services at Illinois Centre Healthcare-Dental

The importance of maintaining good oral health and the significance it has on one's overall general health will be highlighted. Dr. Maxam will define what good oral health is, ways to improve oral health, and when it's important to change your oral care. She will answer your dental questions.

Understanding Your Relationship Partner

Robert Mitchell, Licensed Clinical Social Worker, Associated Psychotherapists

This session will help individuals understand relationships, gender differences, and family of origin issues. Communication is the key to resolving issues and healing from the past. Understanding communication will lead to mutual understanding, acceptance, respect and a stable, comfortable, loving relationship.

Choices in Breast Reconstruction

Aisha White, M.D., Plastic and Reconstructive Surgeon, Southern Illinois Medical Services

Dr. White will outline options for breast reconstruction. She will discuss the process of reconstruction and answer questions about it.

Conversations with Busy Moms

Lane Hudgins, Cindy Moore, and Erin Price Jackson, Busy Moms Extraordinaire

Does motherhood seem overwhelming? Not sure how to do all that you need to do? Join some very busy moms for a panel discussion and learn some of their tricks of the trade.

Healthy Communities...Your Spirit, Your Vision

Maggie Flanagan, President, Development Specialties Consulting

Communities are multi-dimensional and community action, from voting to charitable giving and community service, requires education and faith in each other. Learn how your creative participation in the community brings healing and health all around.

Legacy Planning: From a String of Pearls to Pearls of Wisdom

John Forbes, President, Forbes Financial Group

Far too often a family is robbed of its legacy – family history, life lessons, values, and memories – due to an untimely death or illness. While many families do a good job with estate and financial planning, they often fail to engage in legacy planning – preserving values as well as valuables. Mr. Forbes will discuss the four pillars that are core to legacy planning and why this family discussion can't wait!

Menopause: Hormones Gone Wild!

Elisabeth Beyer-Nolen, M.D., Heartland Women's Healthcare

Menopause is one of those topics that women do not give much thought to until they are in the throes of it. Be prepared. Dr. Nolen will speak about the symptoms and treatment of menopause.

Exhibits and Screenings

Devote an entire session to undergoing the screenings and viewing the exhibits.

AFTER LUNCH SESSION

1:45 - 2:35 p.m.

Yes, I'm a "Pink Ribbon" Lady

Molly Norwood, Former WHW Board Member and Retired Educator

Pink ribbons mean joy, hope, faith, love, and friendship. Ms. Norwood will share her personal journey as an 11 year breast cancer survivor and the reasons why she proudly wears her pink ribbons.

Yoga is for EveryBody *Sarah Miller, Registered Yoga Teacher, 101 Yoga*

Ms. Miller will talk about yoga and answer some of your questions about beginning yoga. She will demonstrate techniques and modifications of basic yoga poses to address common physical ailments, tension, and increase balance, flexibility, and strength.

Improve Your Health by Creating an Outdoor Living Area

Trent Mohlenbrock, Owner, Changing Seasons Landscaping

Need a place to relax and unwind? You'll learn about some things you can add to your yard to create that beautiful outdoor living area. Patios, waterfalls, fountains, pergolas, shade sails, and just the right plants will be discussed.

Living Your Best Life: Celebrating Our Authentic Self

Jennifer C. Wyatt, Ed.D., Owner, Her Executive Coach, Paducah, KY

Become empowered to stop "doing life" and start "living life" during this inspiring and informative presentation. Participants will learn strategies for reducing stress, maximizing joy, and re-discovering fulfillment in their lives.

Social Networking 101

Jennifer Badiu, M.H.S.A., Administrative Director, SIH Cancer Institute

Facebook, twitter, and blogs are not just for young adults. Social Networking has grown in both the personal and professional arenas; this infrastructure is going to be a part of everything. The art and science of social networking will be discussed and Ms. Badiu will share her personal experience from skeptic to having her own blogging mommy site.

Exhibits and Screenings

Devote an entire session to undergoing the screenings and viewing the exhibits.

BREAKOUT SESSION III

2:50 - 3:40 p.m.

Zumba, Zumba, Zumba!

Dawn Bradley, Certified Zumba Instructor and Fitness Professional

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. Come join the party!

Eat This, Not That and Save Money Doing It

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

Does it REALLY cost more to buy healthy foods? Most people think so, but Dr. Peterson will share examples and strategies for eating healthfully and saving money!

Dealing with Loss: An Opportunity for Growth

Christine Mize, Licensed Social Worker, Grief Counselor, Hospice of Southern Illinois

Our society has an aversion to death and grief and as a result we are ill-equipped to handle loss in a positive manner. There are often misconceptions of how people are to grieve and how to die. Living well and dying well are both possible; we must learn how to do both. She will provide information on how to turn grief into an opportunity for both personal growth and an opportunity to help others.

Discount Diva: Dressing for Less Without Losing Your Style

Laura Benedict, Writer

Is the cost of a new outfit putting a crimp on your style? Learn how to be a discount diva, look fabulous, and love your personal style.

Parenting Again – Not for Wimps!

Cathy Small, DCFS Foster Parent, Adopt Southern Region Field Training Liaison

Parenting again! What is it, who is it, how to survive it. Who should attend: anyone who is, knows, or works with a relative caregiver of related children.

REGISTRATION FORM

Please fill out this form completely indicating which meals you will be eating and your first and second choices for breakout sessions. Requests for breakout sessions will be filled on a first-come, first-served basis.

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CIRCLE: Yes No	7:00 a.m. – 8:30 a.m. CONTINENTAL BREAKFAST
You are already registered	8:30 a.m. – 9:30 a.m. KEYNOTE ADDRESS - Pasha Hogan
Write in the number of your first and second choices:	9:45 a.m. – 10:35 a.m. BREAKOUT SESSION I
1st _____	1. Taking Care of Everyone
2nd _____	2. Walk for Life
	3. Parenting Isn't Always Easy
	4. GPS for Breast Health
	5. Feed Your Children Well
	6. Communicating with Your Physician
	7. Worried to Death!!! Anxiety, Its Costs and How to Overcome It
	8. A Stronger Heart
	9. The Crystal Ball and Cancer Management: Foretelling the Future
	10. Exhibits and Screenings
Write in the number of your first and second choices:	10:50 a.m. – 11:40 a.m. BREAKOUT SESSION II
1st _____	1. Stress Management – Enough Already!
2nd _____	2. Growing in Your Christian Faith
	3. Oral Health
	4. Understanding Your Relationship Partner
	5. Choices in Breast Reconstruction
	6. Conversations with Busy Moms
	7. Healthy Communities...Your Spirit, Your Vision
	8. Legacy Planning: From a String of Pearls to Pearls of Wisdom
	9. Menopause: Hormones Gone Wild!
	10. Exhibits and Screenings
CIRCLE: Yes No	12:00 p.m. – 1:30 p.m. LUNCH
Write in the number of your first and second choices:	1:45 p.m. – 2:35 p.m. AFTER LUNCH SESSION
1st _____	1. Yes, I'm a "Pink Ribbon" Lady
2nd _____	2. Yoga is for Everybody
	3. Improve Your Health by Creating an Outdoor Living Area
	4. Living Your Best Life: Celebrating Our Authentic Self
	5. Social Networking 101
	6. Exhibits and Screenings
Write in the number of your first and second choices:	2:50 p.m. – 3:40 p.m. BREAKOUT SESSION III
1st _____	1. Zumba, Zumba, Zumba!
2nd _____	2. Eat This, Not That and Save Money Doing It
	3. Dealing with Loss: An Opportunity for Growth
	4. Discount Diva: Dressing for Less Without Losing Your Style
	5. Parenting Again – Not for Wimps!
<p>The registration fee includes conference meals, breakout session programs, keynote address, blood screenings and health screenings. The deadline for registration is September 10, 2010.</p> <p>Please complete the registration brochure and mail it in an envelope to: SOUTHERN ILLINOIS WOMEN'S HEALTH CONFERENCE c/o John A. Logan College, 700 Logan College Road, Carterville, IL 62918</p>	



Registration Fee: \$45

Register before August 31 and receive an additional entry for the Grand Door Prize

Registration deadline is September 10, 2010

You can also register and pay online at www.w4hw.org
(click on Women's Health Conference)

SORRY, THERE ARE NO REFUNDS FOR CANCELLATION.
Please remember to complete the form on the reverse of this page.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 JALC STUDENT ID# _____ (Provide if you want 1 hour JALC credit):
 PHONE (H) _____ (W) _____
 EMAIL _____

Is this the first time you have attended the Southern Illinois Women's Health Conference? Yes/No _____

REGISTRATION FEE: **\$45.00**
 Scholarship(s) (Included is a donation for the SIWHC scholarship fund): _____
 Donation (Included is a donation to help fund the SIWHC): _____
 Raffle tickets 7 chances for \$5 – Number of packets _____ x \$5 = _____
TOTAL _____

Make checks payable to: Women for Health and Wellness, Inc. or WHW
 If paying by Mastercard/Visa, the completed registration form may be faxed to 618-985-9019.
 Credit Card # _____ Exp. Date ___/___/___

Name as it appears on the card _____
 Shipping and Handling Fee (\$3.00 – Only if you are using a credit card)

Questions: Contact Women for Health and Wellness, Inc.
 618-985-9210, 618-985-2828, Ext. 8604, 1-800-416-1745
 Fax 618-985-9019 On the web: www.w4hw.org
 Email womenforhealthandwellness@gmail.com

If you need special accommodations, please contact us in advance so that we may best meet your needs.
 The information provided through the Southern Illinois Women's Health Conference is a public service. It is not intended to be a substitute for medical care or consultation with your healthcare provider and does not represent an endorsement by Women for Health and Wellness, Inc. or any of the Southern Illinois Women's Health Conference sponsors.

FILL OUT OTHER SIDE OF REGISTRATION FORM AND SEND TODAY.

You can also register on line at www.w4hw.org

If you need special accommodations, please contact us in advance so that we may best meet your needs.

