

Women's Expo Agenda

8:30 - 9:00 am – Registration

9 am- Welcome – Brenda Conrad

9-9:15 am – Teresa Boose “Stress and the Muffin Top”

9:15-9:30 am – Steve Welty “Overall Wellness & Prevention”

9:30-9:45 am- Break Out Sessions:

~ Susan Mack “Mind, Body and Soul”

~Valerie Lybarger “Contraceptive Management”

~Luke Czyzewski “Financial Fitness-Budgeting & \$ Saving Ideas”

~Nancy Newton “Self Defense Techniques”

9:45-10:00 am – Break Out Sessions:

~Lois Dishman-Cooper “Recognizing the Signs of a Potential Abuser”

~Valerie Lybarger “Menopause, Symptoms & Treatment”

~Sherilyn Lee “Smoking Cessation”

~Gina Heuerman “Pelvic Fitness”

10 am – Victoria Streif – “Exercise & Your Wellness”

10:15 – 10:30 Carrie Nussmeyer “Let’s Talk Sugar”

10:30 – 10:45 am- Break Out Sessions:

~Debbie Duvall “The Sandwich Generation-Who is caring for you?”

~Victoria Streif “Body Composition & Body Fat Analysis”

~Steve Welty “How Diabetes Works in the Body”

~Staci Rhodes “Mindful Moments for Busy Women”

10:45 Brenda Conrad-Closing – Door Prize Winner(s)

Take time to visit our booths & Pick up lots of great information!

- ✓ Schedule Clinic visits, Mammograms, and/or DEXA scans
- ✓ Purchase Blood Test Vouchers
- ✓ Blood Pressure Checks
- ✓ Grip test
- ✓ Bone Density Pre-Test
- ✓ Lots of Booths and Give a ways!