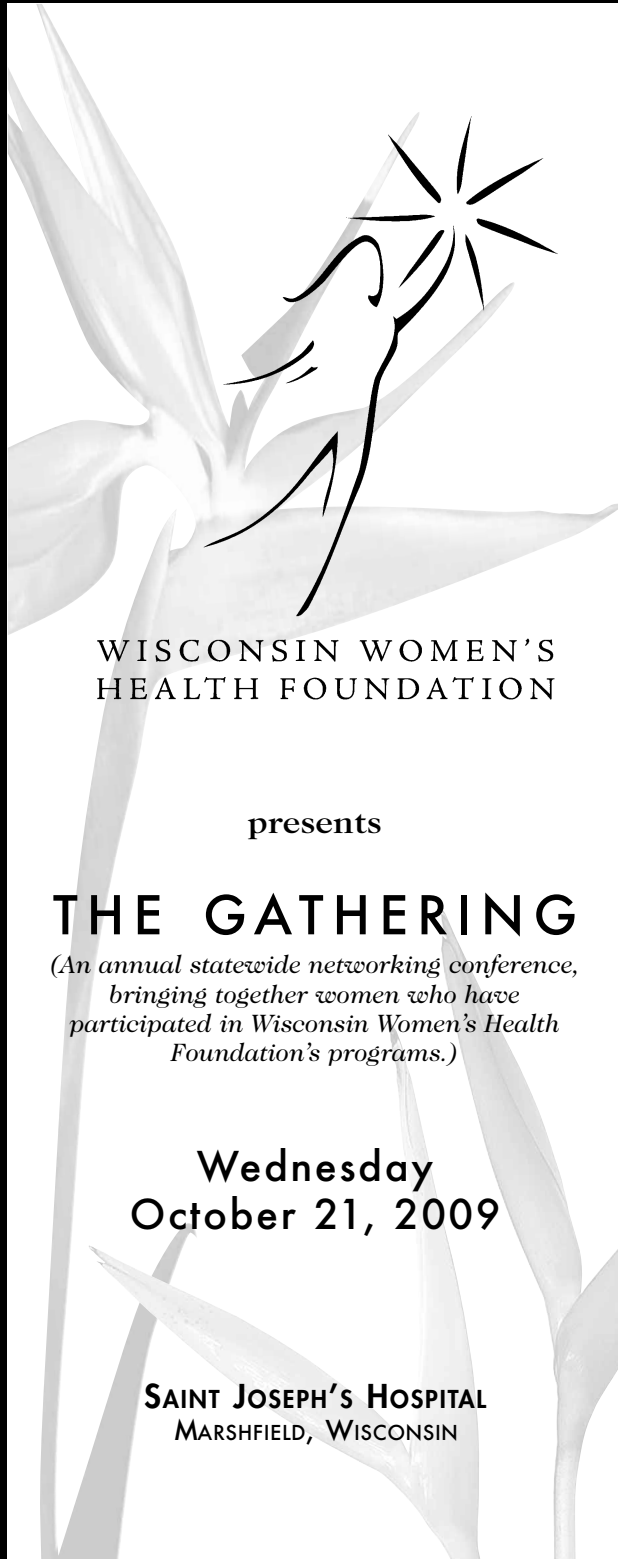


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WISCONSIN WOMEN'S
HEALTH FOUNDATION

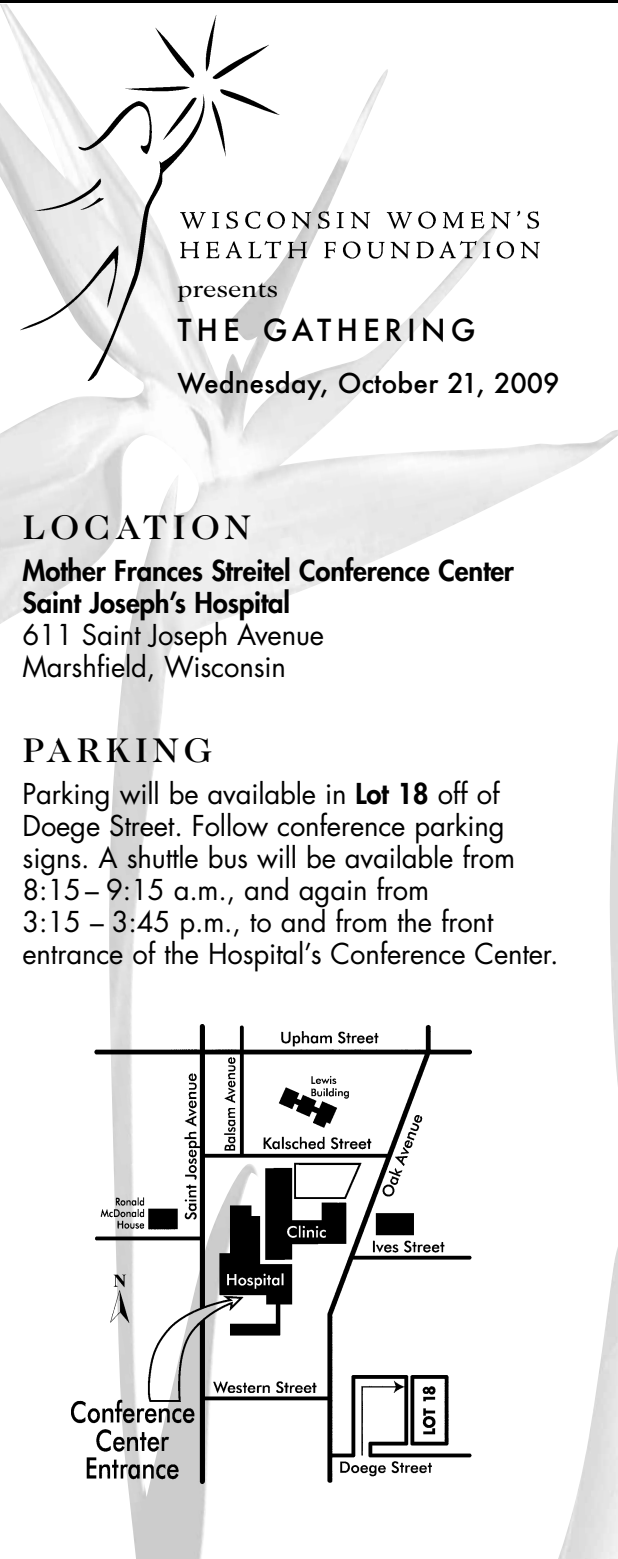
presents

THE GATHERING

*(An annual statewide networking conference,
bringing together women who have
participated in Wisconsin Women's Health
Foundation's programs.)*

Wednesday
October 21, 2009

SAINT JOSEPH'S HOSPITAL
MARSHFIELD, WISCONSIN



WISCONSIN WOMEN'S
HEALTH FOUNDATION

presents

THE GATHERING

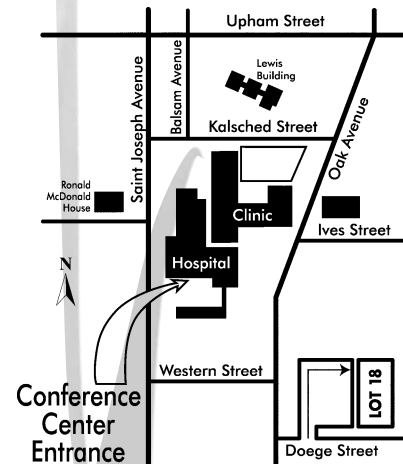
Wednesday, October 21, 2009

LOCATION

Mother Frances Streitel Conference Center
Saint Joseph's Hospital
611 Saint Joseph Avenue
Marshfield, Wisconsin

PARKING

Parking will be available in **Lot 18** off of
Doege Street. Follow conference parking
signs. A shuttle bus will be available from
8:15 – 9:15 a.m., and again from
3:15 – 3:45 p.m., to and from the front
entrance of the Hospital's Conference Center.



DIRECTIONS

Coming from the South

Take Highway 51 to Highway 10 West. From Highway 10 West, take Highway 13 North. Turn right on Saint Joseph Avenue. The hospital is on the corner of Kalsched Street and Saint Joseph Avenue.

Coming from the Southwest (Eau Claire)

Take Highway 94 to Highway 10 East. From Highway 10 East, take Highway 13 North. Turn right on Saint Joseph Avenue. The hospital is on the corner of Kalsched Street and Saint Joseph Avenue.

Coming from the Southeast (Stevens Point)

Take Highway 10 West to Highway 13 North. Turn right on Saint Joseph Avenue. The hospital is on the corner of Kalsched Street and Saint Joseph Avenue.

Coming from the Northeast (Wausau)

Take Highway 29 West to Highway 97 South. Turn right on Upham Street. Turn left on Saint Joseph Avenue. The hospital is on the corner of Kalsched Street and Saint Joseph Avenue.

Coming from the Northwest (Chippewa Falls)

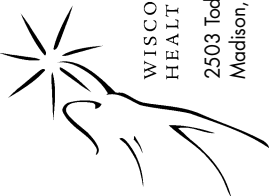
Take Highway 29 West to Highway 13 South. Turn left on Upham Street. Turn right on Saint Joseph Avenue. The hospital is on the corner of Kalsched Street and Saint Joseph Avenue.

HOTEL ACCOMMODATIONS

A block of discounted rooms has been set aside at the Clearwaters Hotel & Convention Center, 2700 S Roddis Avenue, Marshfield. Make your reservation by September 28, by calling 800.227.1761 and referencing *The Gathering*.

WISCONSIN WOMEN'S
HEALTH FOUNDATION

2503 Todd Drive
Madison, WI 53713



PROGRAM SCHEDULE

8:30 – 9 A.M.

Registration/Check In

9 – 9:15 A.M.

Welcome

**Terri Richards, Executive Vice President,
Saint Joseph's Hospital**

9:15 – 9:30 A.M.

Group Switch

9:30 – 10:30 A.M.

Session I Workshops

**FIT FOR LIFE – THE ABSOLUTE BEST
EXERCISE PROGRAM FOR ANY AGE**

Anita J. Scandurra, PhD

This session empowers you to make a commitment to your wellness by finding the aerobic, strength, and conditioning exercises that work best for you! Research indicates you can significantly improve your fitness at any age! You'll learn to get the most out of your exercise efforts! This presentation provides you with specific information on how to create your own personal exercise program! Functional exercises, aerobic choices, and yoga postures are presented as powerful options to assist you in staying *Fit for Life!* Please wear comfortable clothing!

**LAUGH UNTIL IT STOPS
HURTING**

Cathy Taylor, LPN, BA

Humor can change every aspect of our lives, from the way we perceive the world, cope with daily stress, and even how we respond during times of crisis or profound change. This presentation will be a light-hearted look at how humor can literally heal us.

LIVING LONGER

Michelle Rimer, MS, MPH, RD

Are you in search for the fountain of youth? What you eat has a tremendous impact on your longevity. Join Michelle as she reviews why every bite you take counts.

**ORAL HEALTH AND OVERALL
HEALTH: WHAT EVERYONE
SHOULD KNOW**

Lisa Bell, RDH, BASDH

Oral health and overall health are more connected than you might realize. This presentation provides an informational overview of how oral health impacts a woman's overall health. Discussion will include systemic relationships, oral hygiene care, the role of nutrition and how a healthy mouth can keep you healthy!

10:30 – 10:45 A.M.

Group Switch

10:45 – 11:20 A.M.

Group A – Lunch

Group B – Conference Center:

INSTILLING HOPE

**Sue Ann Thompson, Founder and
President, Wisconsin Women's Health
Foundation**

**CERVICAL CANCER UPDATE –
CAN CERVICAL CANCER BE
PREVENTED?**

**Regular screening, lifestyle
choices, and a vaccine may
help make this possible**

**Jean Riedasch, BSN, MSE, Parish
Nurse, Concordia Lutheran Church,
Superior, WI**

11:20 – 11:35 A.M.

Group Switch

11:35 A.M. – 12:10 P.M.

Group B – Lunch

Group A – Conference Center (see above)

12:10 – 12:25 P.M.

Group Switch

12:25 – 1:25 P.M.

Session II (Repeat of workshops)

1:25 – 1:40 P.M.

Group Switch

1:40 – 3:15 P.M.

**VOICE OF YOUR HEART:
USE THE WISDOM OF
BODY TO CREATE
PEACE OF MIND**

Cay Villars, MS, MNLP

As a practical matter, how does one listen easily to the heart? In this interactive session you will learn a simple yet powerful method to listen to your heart, tap into your intuition and inner wisdom and create feelings of well-being and peace of mind.

3:15 – 3:30 P.M.

**Closing, Evaluations and
Gift Drawings**

ABOUT THE SPEAKERS

Anita J. Scandurra, PhD, earned a doctorate in exercise physiology/sports administration with an emphasis in Corporate Wellness from the Ohio State University in 1987. She is a Certified Wellness Program Director, ACSM Health/Fitness Specialist, Wellness Coach, and Kripalu Yoga Teacher. Over the past thirty years she has worked extensively in creating and implementing an original wellness model ("Integrated Wellness Model," *Journal of Health Education*, March 1999). Currently, Dr. Scandurra is the Worksites Wellness/Health Promotion Coordinator at Saint Joseph's Hospital in Marshfield, Wisconsin.

Michelle Rimer, MS, MPH, RD, has over 10 years of nutrition experience. She is passionate about helping others improve the quality of their life through exercise and sound nutrition.

Lisa Bell, RDH, BASDH, is the State Public Health Dental Hygienist. She has dedicated her professional career to advocacy and community empowerment in resolving access to care issues. Lisa is currently completing a Masters in Public Health with a Dental Leadership and Policy Development emphasis.

Cathy Taylor, LPN, BA, Certified Holistic Stress Management Instructor, Certified Wellness

Instructor. Cathy has worked as a Mental Health nurse for 23 years. She has a passion for integrating mind/body/spirit techniques with traditional medicine to heal the whole person. Cathy is a strong advocate of humor as technique for healing and self-care. Her light and humorous style provides information in a way that audiences find energizing and uplifting as well as educational.

Jean Riedasch, BSN, MSE, taught in the Associate Degree Nurse Program at Wisconsin Indianhead Technical College. Since retiring from teaching she has been serving as Parish Nurse at Concordia Lutheran Church giving presentations on health

topics in the community through the GrapeVine Project. The GrapeVine Project is an educational program of the Wisconsin Women's Health Foundation's which brings much needed health education and resources to underserved women.

Cay Villars, MS, MNLP, is an expert at helping people listen to their hearts and align their minds and bodies to fulfill their heart's desires. She has an MS in Physiology and is a master practitioner of Neurolinguistic Programming (NLP). She has coached for over 11 years and specializes in helping people who have experienced significant life challenges, trauma, pain and illness.

THE GATHERING

Wednesday, October 21, 2009
8:30 a.m. – 3:30 p.m.

REGISTRATION FORM

(Please Print)

Name _____

Address _____

City _____ State _____ ZIP _____

Home Phone (_____) _____

Email _____

Workshop Preferences

Please rank from 1 to 4, with 1 as your first choice. This information will be used to place you in the workshops.

____ **Fit for Life**

____ **Laugh Until it STOPS Hurting**

____ **Living Longer**

____ **Oral Health and Overall Health**

I have special dietary needs, please contact me.

I require special accommodations, please contact me.

Registration deadline is October 9, 2009.

- Workshop preferences will be given on a first come, first served basis. Pre-registration is required.
- There is no cost to attend; workshop materials and lunch are provided.

Detach and return to:

Wisconsin Women's Health Foundation
2503 Todd Drive
Madison, WI 53713

**For more information, call 800.448.5148
or e-mail nmiller@wwhf.org**

wwhf.org