



Schedule

Speaking of Women's Health

TIMES	EVENT		ROOM
8:00 a.m. - 9:00 a.m.	REGISTRATION		24 & 25
8:00 a.m. - 12:30 p.m.	HEALTH SCREENINGS & EXHIBITS		18 & 19 BALLROOM A
	REFRESHMENTS		
7:30 a.m. - 9:00 a.m.	Coffee & Tea Service	Lobby between Ballroom A and rooms 18 & 19	
8:00 a.m. - 12:30 p.m.	"Water from the Well" Water Station provided by The Financial Well	Ballroom A	
11:00 a.m. - 12:30 p.m.	Dark Chocolate & Red Wine Tasting provided by City Street Sweets and Time for Wine	Lobby between Ballroom A and rooms 18 & 19	
8:45 a.m. - 9:30 a.m.	BREAKOUT SESSION I		
	Allergies as We Age	Mark Glaum, MD, PhD	3 & 4
	Alternative Therapies for Stress Management	Sheela Chokshi, MD	13
	Forty Plus and Fabulous	Suzan Mekler, CHE, AHFS, PRCS, CPT	14
	Creating a Healthy Environment with Feng Shui	Kathy Mann	15 & 16
	Chronic & Migraine Headache Relief	Laszlo Szollas, MD	20
	Recognizing the Danger Signs of Skin Cancer	Mary Lien, MD	21
	Prevention & Treatment of Osteoporosis	Shelly Holmstrom, MD	22
	Why More Women than Men Die from Heart Disease	Saurabh Chokshi, MD	23
9:45 a.m. - 10:30 a.m.	BREAKOUT SESSION II		
	Sleep Well, Live Well	Alastair A. Hutchison, MBCbB, FRACP	3 & 4
	Alternative Therapies for Stress Management	Sheela Chokshi, MD	13
	Do-It-Yourself	Betsy Lieberman, RN	14
	Seven Steps to Living and Being Financially Well	Kimberly D. Overman, CFP	15 & 16
	Preventing Falls in the Home	Maria Avalos, BS, CHES	20
	Hysterectomy in the 21st Century	Larry Glazerman, MD, MBA	21
	Genetics & Other Risk Factors for Breast Cancer	Magda Melchert, MD	22
	Menopause: Beat the Heat	Erich Wyckoff, MD	23



TIMES	EVENT		ROOM
10:45 a.m. - 11:30 a.m.	BREAKOUT SESSION III		
	Sleep Well, Live Well	Alastair A. Hutchison, MBChB, FRACP	3 & 4
	Shop Your Shape with Saks Fifth Avenue	Kim Gaudet	13
	Do-It-Yourself	Betsy Lieberman, RN	14
	Facial Rejuvenation: From Facial Fillers to Cosmetic Surgery	William Mack, MD	15 & 16
	A Diet with Decadence	Darbie Wilder, RD, LD/N	20
	Be Prepared for a Health Emergency	Tracy Sanson, MD, FACEP	21
	Keys to a Healthy Lifestyle and Diabetes Prevention	Renee Meehan, RN, BSN, MA, CDE	22
	Women & Aging: Take Control of Your Body, Mind and Soul	Joan McCarthy, MD	23
11:00 a.m. - 12:30 p.m.	DARK CHOCOLATE & RED WINE TASTING	Lobby between Ballroom A and Rooms 18 & 19	
11:45 a.m. - 12:30 p.m.	BREAKOUT SESSION IV		
	Health Below the Belt: Bladder Control & Prolapse	Lennox Hoyte, MD	3 & 4
	Shop Your Shape with Saks Fifth Avenue	Kim Gaudet	13
	Treatment for Varicose Veins and Leg Pain	Narendra Sastry, MD	14
	Your Aging Skin	Neil Fenske, MD	15 & 16
	A Diet with Decadence	Darbie Wilder, RD, LD/N	20
	Scarless Surgery Options	Sharona B. Ross, MD	21
	Self Defense Techniques for Women	Anthony Kuntz	22
	Women & Aging: Take Control of Your Body, Mind and Soul	Joan McCarthy, MD	23
12:30 p.m.	Screenings & Exhibits Close		
12:30 p.m. - 2:30 p.m.	LUNCHEON & KEYNOTE SPEAKER		
	"What Every Woman Wants – great legs, more energy, & peace of mind"	Joanne Lichten, PhD, RD	Ballrooms B & C