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ANNUAL FALL WOMEN'S HEALTH CONFERENCE

Life's a Journey: Choices and Changes

Friday, November 14, 2008

**Best Western Sterling Inn
Banquet and Conference Center
34911 Van Dyke Avenue
Sterling Heights, Michigan**

Beaumont®

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44201 Dequindre Road
Troy, Michigan 48065-1198

0102/73230

ANNUAL FALL
WOMEN'S HEALTH
CONFERENCE

Friday, November 14, 2008

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TARGET AUDIENCE

Nurses, employees and other interested healthcare providers. Topics are of interest to all women in the community.

APPROVAL

Beaumont Hospital, Troy, Department of Education is an approved provider of continuing nursing education by the Michigan Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants must sign in, attend the entire workshop, and complete an evaluation to receive 6.2 contact hours.

Contact hours for complementary/alternative/therapeutic modalities has been determined based on an assessment of the educational merit of the program and does not constitute endorsement of the use of any specific modality in the care of clients.

EXHIBITS/DISPLAYS

Items will be available for purchase. Displays do not represent approval or endorsement of commercial products by Beaumont Hospital, Troy, Michigan Nurses Association or American Nurses Credentialing Center's Commission on Accreditation. The approval status is only for the educational activity.



PURPOSE

INCREASE AWARENESS AND
KNOWLEDGE ON PREVENTATIVE
HEALTH PRACTICES AND
REDUCTION OF HEALTH RISKS.
PROMOTE PHYSICAL,
EMOTIONAL AND SPIRITUAL
WELLNESS AMONG WOMEN
OF ALL AGES.

Beaumont®

OBJECTIVES

- Discuss how to make health habit changes that make a difference, promoting a healthy lifestyle.
- Describe naturopathic approaches to preventing breast cancer.
- Describe risk factors, complications, and management strategies for diabetes in women.
- Explain the differences between osteopenia and osteoporosis and how to prevent bone loss with diet and activity.
- Discuss how thoughts, attitudes, and habits affect our behavior and how to reframe our reactions.

PLANNING COMMITTEE

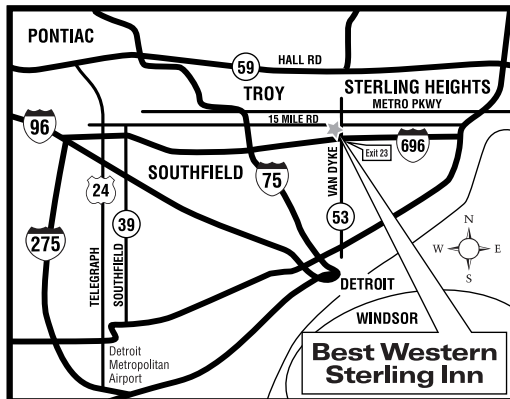
Adrena Harley, M.S.N., R.N.
 Karen Harris, M.S.N., RN C, WHNP
 Lordeen Kordel-Card, R.D., M.S.
 Amanda LaVoie, R.D., M.S.
 Donna Marshall, M.S.L.S.
 Judi Pegg, M.S.N., R.N.
 Kathy Poore, R.D., M.Ed., CHES

DIRECTIONS AND PARKING

The Best Western Sterling Inn is located on the southwest corner of Van Dyke at 15 Mile Road. Enter off of Van Dyke just south of the Loon River Café.

Please contact the hotel directly if you need overnight accommodations 1.800.953.1400.

For further information, call the Department of Education at 248.964.8140, or fax 248.964.8148.



CONFERENCE SCHEDULE

7:00 a.m.–7:30 a.m. Registration and Continental breakfast

7:30 a.m.–7:45 am **Welcome**
 Nancy Susick, M.S.N., RN C
 Vice President of Nursing
 Beaumont Hospital, Troy

7:45 a.m.–9:15 a.m. **Excelling at Your Career Without Undermining Your Health**
 Zonya Foco, R.D., CHFI, CSP
 Sponsored by Eden Foods

9:15 a.m.–9:45 a.m. Break, Exhibits & Sales, Massage, Healing Touch

9:45 a.m.–11:00 a.m. **Preventing Breast Cancer with Natural Approaches**
 Jen Green, N.D.
 Naturopathic Doctor

11:00 a.m.–Noon **Steering Clear of Diabetes**
 Judith Pegg, M.S.N., R.N.
 Diabetes Clinical Nurse Specialist
 Department of Education, Beaumont Hospital, Troy

Noon–1:00 p.m. Lunch, Exhibits & Sales, Massage, Healing Touch

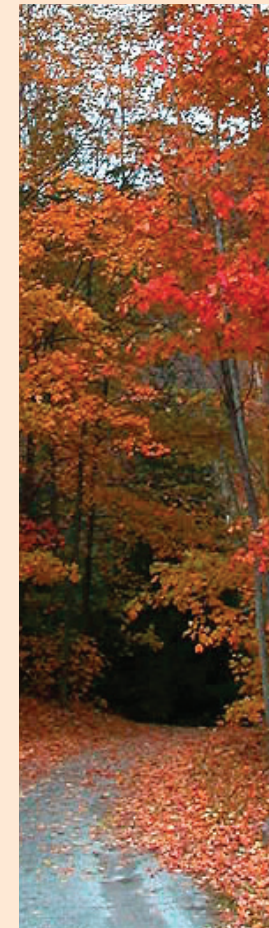
1:00 p.m.–2:00 p.m. **Building Better Bones for Life**
 Eithne-Marie Barton, D.O.
 Family Practice Resident

2:00 p.m.–2:15 p.m. Break, Exhibits & Sales

2:15 p.m.–3:30 p.m. **Putting Life in Perspective**
 Sandra M. Schiff, Ph.D., LMSW
 Director, Mental Health Programs
 Adult Well-Being Services

3:30 p.m. – 3:45 p.m. **Closing and Evaluation**
 Heidi Shepard, B.S.N., M.S.A.
 Vice President of Operations
 Beaumont Hospital, Troy

Life's a Journey: Choices and Changes



REGISTRATION

Life's a Journey: Choices and Changes Friday • November 14, 2008

Registration Fees (includes continental breakfast, lunch, break refreshments, and program materials)

\$80	General Tuition: non-Beaumont employees and community
\$70	Beaumont Employees, Beaumont Affiliates, Physicians, Volunteers and Senior Citizens
\$50	Full Time Students with ID

Name (Please print as you wish your name to be on your name tag.)

Address

City State Zip

Employer

Office Telephone Number Fax Number

Employees of Beaumont Hospitals **must** complete the following:

Hospital ID# Department/Unit

Mail Code Division/RC

Management Approval/Signature

Form of Payment

Check payable to: Beaumont Hospital, Troy
 Department of Education

Credit Card: Visa MasterCard Discover
 (We cannot accept American Express or Optima)

Account number

Expiration date

Name on card

Authorized signature

Please return this completed form with fee (check, money order or credit card) to: Beaumont, Troy, Dept. of Education, 44201 Dequindre Rd. Troy, MI 48085 *or* interoffice to: 200/Troy Dept. of Education

Registration Deadline: Tuesday, November 4, 2008.

Registrations are accepted in the order received. Cancellations must be received on or before Tuesday, November 4, 2008 to receive a refund, however substitutions are accepted.