

SESSION NAME AND PRESENTER	DESCRIPTION	ROOM	SESSIONS
SESSION A			
<p><u>A Better Me</u> - Shanice Solomon Community Health Worker at Southern New Jersey Perinatal Cooperative</p>	<p>"A Better Me" workshops are design to assist individuals explore their overall health. It is a holistic approach in engaging and developing the whole person on the level of physical, mental and spiritual health. These workshops are free and the topics range from stress management, healthy relationships, financial values as well as family involvement.</p>	78	A&C
<p><u>Demystifying Mammogram Results</u> - Katherine Hansen Breast Surgeon at MD Anderson Cancer Center at Cooper</p>	<p>MD Anderson Cancer Center at Cooper breast cancer experts will help you gain a better understanding of your mammogram results - how genetics and family history affects your risk and screening recommendations, what having dense breasts means, and innovations in imaging technologies that are making breast cancer screening and diagnosis more accurate.</p>	71	A
<p><u>Developing Your Personal Life Vision</u> - Mrs. Pamela Bolden-Carter, President of Women of Character</p>	<p>Everyone needs a personal life vision for their lives. From losing weight to finding a job, a personal life vision can tremendously help a person to succeed. Some of the topics that will be covered are preparation, focus, purpose, and goals that are needed to help develop a vision. Those who attend this workshop will have a chance to share their personal life vision.</p>	73	A&B
<p><u>Eating as a Reflection of Self Love and Respect</u> - Louisa Latela Psychotherapist</p>	<p>So many women spend their whole life nurturing and caring for others often neglecting their own well-being. It is time for that to change! If you want to jump off the yo-yo dieting roller coaster and reclaim your power over food and weight join the presenters who will help you: Understand the role compulsive eating and excess weight has played in your life; learn how different foods affect your physical, mental, emotional, and spiritual well-being; identify emotional and circumstantial overeating and triggers. Develop new self-nurturing responses to those triggers and see yourself through kind and compassionate eyes.</p>	52	A
<p><u>Family Budgeting and Financial Stability</u> - Shauna Thomas Senior Manager at Bowman and Company LLP</p>	<p>Creating a well-prepared family budget is imperative to lay the foundation for obtaining your financial stability and maintaining proper financial health. This will help lead you to achieve financial success. Discussion will focus on how to create your own family budget and work towards achieving financial stability and success.</p>	85	A
<p><u>Gluten Free Diet: Fad vs. Facts</u> - Stephanie Biggs Nutrition Education Specialist at Kennedy Health</p>	<p>Learn how a gluten-free diet is beneficial and why a gluten-free diet is not recommended as part of a weight loss plan.</p>	55	A

<p><u>Hidden In Plain Sight II</u> - Andrea Marshall Director of Education at Camden County Council on Alcoholism & Drug Abuse, Inc.</p>	<p>Hidden in Plain Sight II is an awareness program designed to educate adults on things that they may find in their teenager’s room, book bag, or car. They may think that the item is innocent, but the item may indicate that their teen is involved in some risky behavior. This workshop is for parents, educators, prevention providers, coalition members, law enforcement, probation officers, school administration, treatment, counselors, and all others who work with or interact with youth.</p>	<p>99</p>	<p>A</p>
<p><u>Human Trafficking in New Jersey</u> - Ms. Denise R. Poole Founder, CEO at Heart 2 Heart Services</p>	<p>Join this important presentation to learn why human trafficking exists in our area and why New Jersey is considered a "hub". To prevent human trafficking is by bringing awareness and education on who is vulnerable for recruitment. Learn how to recognize the red signs of a potential victim and where they are recruited.</p>	<p>81</p>	<p>A&C</p>
<p><u>Miracle Spices for Health</u> - Mrs. Madhu Gupta President at Go Holistics, LLC</p>	<p>Throughout history, spices hold an important value in all kinds of cuisines. It is one of the most wonderful ingredients ever given to cooks. Anyone can use spices to cook any kind of dish, but not everyone knows how to use it to its fullest potential. Come and experience the joys of everyday flavors that will add a healthy punch to breakfast, lunch, and dinner.</p>	<p>98</p>	<p>A</p>
<p><u>Plan Ahead: Talking About Your Healthcare Wishes</u> - Ms. Joanne Rosen Vice President of Marketing and Public Affairs at Samaritan Healthcare and Hospice</p>	<p>Samaritan Healthcare and Hospice offers this interactive workshop about the importance of expressing your healthcare wishes, with your family, now, while you are healthy so your wishes will be honored later, if you cannot speak for yourself due to an unexpected surgery, accident, or serious illness. Pick up tips, tools, and conversation starters for talking with your loved ones. It is recommended that attendees take both the Surrogate's workshop 'Conversation of Your Life,' and the Samaritan Healthcare and Hospice workshop “Plan Ahead: Talking About Your Healthcare Wishes.”</p>	<p>84</p>	<p>A&B</p>
<p><u>Resetting the Table - Women in the Boardroom</u> - Melanie Grant Principal at Escalatus LLC</p>	<p>Did you know that corporations with three or more women on the board are more profitable? The United States ranks #11 among the developed nations in the number of women on boards (Catalyst research). Over the next ten years, the look and feel of corporate board rooms will evolve and include more women. If you have an interest or are interested in learning more about for-profit and not-for-profit board work, please join this session. We will discuss how you can prepare to serve on boards and how to position yourself to find a board that will be both fulfilling and rewarding for you.</p>	<p>86</p>	<p>A</p>
<p><u>Self-Massage for Arthritic Knee Pain</u> - Dr. Dorothea Atkins President of Gamma Phi Chapter, Lawnside at Chi Eta Phi Nursing Sorority, Inc.</p>	<p>If you have chronic knee pain or arthritis of the knee, this safe, effective, and convenient self-help technique is for you. This research based easy to learn; self-massage technique will be narrated and demonstrated. During the practice session, the application of the technique will be applied with your hands, on top of your clothes, to the quadriceps muscle (located on the front of the thigh) while seated in a chair. Participants will also learn other simple self-care techniques to enhance mobility.</p>	<p>79</p>	<p>A&B</p>

<p><u>So You Want to Start Your Own Business</u> - Sheri Desaretz President, Looking Forward Coaching</p>	<p>Are you considering that life-altering step of owning your own business - being your own boss? If so, this is the workshop for you! This presenter has owned her businesses for forty-five years. As a result, learn firsthand on what it takes to create, run a business, and make it successful! Learn the start-up basics - the emotional aspects (there are many), as well as the practical - financial, legal, insurance, employee concerns, time management and organization, marketing, business development, and more. At the end of the session, you will be equipped to follow your passion and be on the road to success!</p>	87	A
<p><u>Stress Management and Sleep</u> - Ms. Robyn Caruso CHES</p>	<p>In today's society, stress is prevalent and many Americans have trouble sleeping. Participants of this workshop will learn about stress and how it relates to falling and staying asleep. Activities will include adult coloring, a lecture on stress and sleep, meditation and how to make your own eye mask for relaxation.</p>	82	A&B
<p><u>The Conversation of Your Life</u> - Michelle Gentek-Mayer Surrogate at Camden County Surrogate's Court</p>	<p>"The Conversation of Your Life" focuses on the important legal documents that everyone should have: Last Will and Testament, Advance Directive for Health Care (Living Will), and Power of Attorney. The Camden County Surrogate will speak and answer questions relating to the Court including: probates, estate planning, guardianships, and adoptions. It is recommended that attendees take both the Surrogate's workshop "Conversation of Your Life," and the Samaritan Healthcare and Hospice workshop "Plan Ahead: Talking With Your Family About Your Healthcare Wishes."</p>	83	A&B
<p><u>Understanding Social Security</u> - William Greenfield Investment Advisor at</p>	<p>Social Security is constantly going through changes. Understanding these changes and what it means to your retirement is critical. This workshop will review these changes and what has stayed the same. Claiming strategies, spousal benefits, divorce benefits, and survivor benefits will all be explained.</p>	70	A
<p><u>When Staying in Shape Causes Pain</u> - Dr. Jeffrey Murray at Reconstructive Orthopedics</p>	<p>Staying in shape can be a challenge for some women, particularly as years go by. A healthy lifestyle is key to overall health, but do we need to endure pain to be healthy? The doctor will demonstrate why some exercises cause knee and shoulder pain and others do not. He will discuss the activities and movements that decrease pain and what activities or movements to avoid in order to maintain or increase your level of fitness.</p>	51	A
<p><u>Women and Finance: Creating Financial Independence</u> - Denise Davis, Financial Services Professional at New York Life</p>	<p>This informational seminar covers a subject matter that is on the minds of many women: the importance of building a financial foundation. This informative event will provide information to understand current financial situation, future financial needs and empower women to make informed financial decisions. All attendees will receive a complimentary workbook which mirrors the presentation. Women influence 85% of household financial decisions and as of 2014, there are nearly 9.1 million women-owned enterprises. With so much influence, it makes sense to give women the knowledge to make informed financial decisions.</p>	72	A&B

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<p><u>Midlife Weight Gain - Tip the Scale in Your Favor</u> - Evelyn Arteche, Registered Dietitian Nutritionist</p>	<p>Women are all too familiar with those extra pounds that seem to come with menopause. Losing weight at any age is never an easy feat and for midlife women. There are additional challenges of managing a wide range of hormonal changes, a slowing metabolism, and finding the time and the energy to stay physically active. Join us for an interactive discussion around simple diet and lifestyle modifications to fend off menopausal weight gain and tip the scale in your favor.</p>	71	B
<p><u>Stress Busters</u> - Kathy Quinn Owner at With You in Wellness</p>	<p>Are you stressed out? Low energy? No time for yourself? Do you want to feel more vibrant and relaxed throughout the day? Stress is a primary reason, if not the leading reason, for disease in our society; and it manifests in many ways. Learn easy techniques and tips to reduce stress and have a healthy life balance. Sample easy breathing exercises, meditation, and yoga stretches. Please join us for this interactive workshop and change your relationship with stress, from sickness to health.</p>	77	B
<p><u>What Matters Most - A Woman's Guide to an Inspired Retirement Strategy</u> - Linda Lane, Financial Planner at Prudential</p>	<p>You do not have to go it alone. This valuable retirement income planning workshop is designed to help you make informed choices about key retirement concerns that women face today. As part of the discussion, we will explore if adding a variable annuity with a living benefit available for a fee, could help you address these concerns. This workshop will help you address the challenges of your retirement income planning so you can: Analyze your Social Security benefit options, accurately estimate the impact of future healthcare costs, realize the importance of spousal protection, assess the long-term effects of taking Required Minimum Distributions (RMDs) from your qualified plans. Let us help educate and prepare you for your retirement.</p>	74	B&C

<p><u>The Conversation of Your Life</u> - Michelle Gentek-Mayer Surrogate at Camden County Surrogate's Court</p>	<p>"The Conversation of Your Life" focuses on the important legal documents that everyone should have: Last Will and Testament, Advance Directive for Health Care (Living Will), and Power of Attorney. The Camden County Surrogate will speak and answer questions relating to the Court including: probates, estate planning, guardianships, and adoptions. It is recommended that attendees take both the Surrogate's workshop "Conversation of Your Life," and the Samaritan Healthcare and Hospice workshop "Plan Ahead: Talking With Your Family About Your Healthcare Wishes."</p>	83	A&B
<p><u>The Agony and the Ecstasy of Networking and Business Development - Getting Past Your Fear of Finding Clients and Customers</u> - Sheri Desaretz President - Looking Forward Coaching</p>	<p>Do you wish someone else could find your clients for you? Does your 30-second commercial stink? Do you hate networking? Do you feel that "selling" is pushy? Do you hate discussing the cost for your services? If you answered "Yes" to any of these - this presentation is for you as it offers a new perspective, and practical steps, to grow your business effectively, through smart business development! You will learn to: Understand how your personality affects your selling; Get past your behavioral obstacles that negatively impact your sales; Craft your commercial to clearly explain who you are, what you do, and how you are different than your competition; Define your true target market; Create an effective networking and business development plan; Implement the dos and don'ts of proper networking protocol; And more! So, what are you waiting for?</p>	87	B
<p><u>Women and Musculoskeletal Health</u> - Dr. Alyson Axelrod at Reconstructive Orthopedics</p>	<p>Are you healthy? Do you want to be healthy? Come learn how you can obtain and maintain healthy muscles, joints, and tendons. The physician will discuss how the woman's musculoskeletal system impacts their quality of life. She will also talk about non-surgical treatment options when muscle, tendon or joint pain does occur.</p>	52	B
<p><u>Self-Massage for Arthritic Knee Pain</u> - Dr. Dorothea Atkins President of Gamma Phi Chapter, Lawnside at Chi Eta Phi Nursing Sorority, Inc.</p>	<p>If you have chronic knee pain or arthritis of the knee, this safe, effective, and convenient self-help technique is for you. This research based easy to learn; self-massage technique will be narrated and demonstrated. During the practice session, the application of the technique will be applied with your hands, on top of your clothes, to the quadriceps muscle (located on the front of the thigh) while seated in a chair. Participants will also learn other simple self-care techniques to enhance mobility.</p>	79	A&B
<p><u>Productivity Secrets for Family Women Working from Home</u> - Dr. Joanne Broder Sumerson, Research Psychologist</p>	<p>This workshop will focus on women who telecommute and work from home keep family balance (i.e., children or elderly relatives). The interactive program will provide sharing tips for being productive and maintaining boundaries necessary to work from home. Participants will create an action plan on how they can integrate these tips into their careers.</p>	97	B&C

<p><u>Low Back Pain and Treatment Options for a Healthier You</u> - Dr. Robert Greenleaf at Reconstructive Orthopedics</p>	<p>Is low back pain stopping you from doing what you love to do? Do you know what treatment options are available to you? Surgical intervention is the absolute last resort and many times can be avoided by taking a few basic measures. Come listen learn about low back pain and your treatment options. Learn how to get back to the activities that you have been missing.</p>	51	B
<p><u>What You Should Know About Abnormal Uterine Bleeding</u> - Dr. Stephanie Finley Phycsian of Obstetrics and Gynecology at Kennedy Health</p>	<p>Abnormal uterine bleeding can be experienced by women during their reproduction years as well as after menopause. Find out the possible causes, how it can be diagnosed, and available treatments.</p>	55	B
<p><u>Krav Maga - Self Defense for Women</u> - Mr. Don Melnick Owner / Instructor - Israeli Krav Maga Cherry Hill</p>	<p>The Krav Maga workshop will provide an overview of practical and effective self-defense techniques. Krav Maga is an instinctive and reactive self-defense system, designed to help people get out of potentially bad situations quickly. Krav Maga is for everyone, regardless of age, size shape or physical ability.</p>	Gym 2	B
<p><u>Identifying the Root Causes of Autoimmune Disease with Functional Medicine and Traditional Chinese Medicine</u> - Mr. Glenn Gruby Licensed Acupuncturist, Owner of Functional Health and Acupuncture Institute in Cherry Hill, NJ</p>	<p>This presentation will discuss root causes of autoimmune disease from a functional medicine perspective and how to address root cause imbalances using functional medicine, traditional Chinese medicine, and acupuncture. We will discuss inflammatory triggers that eventually lead to an imbalance in the immune system and lead to autoimmune attack. These include stress, toxins, hormone imbalance, food sensitivities, leaky gut and infections and gut dysbiosis. We will review how to identify these triggers and eliminate them to help the body heal and rebalance the immune system.</p>	86	B
<p><u>Meditation for Permanent Happiness</u> - Mr. Viren Gupta, International Speaker</p>	<p>In modern times, almost every one of us is suffering from added pressure and stress. Physical, mental, emotional health is declining. Diseases are on the rise, even in earlier stages of life. To cope up with all this stress, meditation is an effective way to improve our physical, mental, and emotional health. Meditation brings inner peace and happiness.</p>	98	B
<p><u>Developing Your Personal Life Vision</u> - Mrs. Pamela Bolden-Carter, President of Women of Character</p>	<p>Everyone needs a personal life vision for their lives. From losing weight to finding a job, a personal life vision can tremendously help a person to succeed. Some of the topics that will be covered are preparation, focus, purpose, and goals that are needed to help develop a vision. Those who attend this workshop will have a chance to share their personal life vision.</p>	73	A&B
<p><u>Dance! - Get Moving with Merengue/Latin Dance Basics</u> - Ms. Diane Weinberg, Dance Instructor at Moving to Music Dance Instruction</p>	<p>Using a model created by Cheryl Burke of "Dancing with the Stars," this workshop will get you moving and your heart pumping with some basic/easy merengue steps. As time allows, some basic/easy steps from rumba, cha cha or other Latin dances will be added. Designed for all levels: beginners and those with some dance experience. A great way to have fun!</p>	Auditorium	B

<p><u>Walk In Your Power</u> - Ms. Jeanette Stephens-El Author/Wellness Ambassador at Susan G. Komen for the Cure/AACR/Avon39</p>	<p>Walk In Your Power is a workshop wherein the author details ways to traverse the breast cancer rite-of-passage by sharing her personal journey of survival as outlined in her books.</p>	76	B
<p><u>Plan Ahead: Talking About Your Healthcare Wishes</u> - Ms. Joanne Rosen, Vice President of Marketing and Public Affairs at Samaritan Healthcare and Hospice</p>	<p>Samaritan Healthcare and Hospice offers this interactive workshop about the importance of expressing your healthcare wishes, with your family, now, while you are healthy so your wishes will be honored later, if you cannot speak for yourself due to an unexpected surgery, accident, or serious illness. Pick up tips, tools, and conversation starters for talking with your loved ones. It is recommended that attendees take both the Surrogate's workshop 'Conversation of Your Life,' and the Samaritan Healthcare and Hospice workshop "Plan Ahead: Talking About Your Healthcare Wishes."</p>	84	A&B
<p><u>Women and Sexuality at Midlife</u> - Ms. Joyce Lappin, Education and Training at Planned Parenthood of Northern, Central and Southern New Jersey</p>	<p>As we age we need to examine our old assumptions about sex and realize the many possibilities for affirming our sexuality. Even in the most solid of long-term relationships, it can be difficult to discuss feelings, attitudes, needs, and wants about sex. This session gives participants an opportunity to overcome personal mindsets that block open communication about sex, learn a continuum of skills to initiate open conversations, and discuss the subject of sexual needs and wants using several formats.</p>	85	B
<p><u>Stress Management and Sleep</u> - Ms. Robyn Caruso CHES</p>	<p>In today's society, stress is prevalent and many Americans have trouble sleeping. Participants of this workshop will learn about stress and how it relates to falling and staying asleep. Activities will include adult coloring, a lecture on stress and sleep, meditation and how to make your own eye mask for relaxation.</p>	82	A&B
<h2>SESSION C</h2>			
<p><u>Diagnosis Dementia: Finding Great Care for a Loved One with Dementia and Protecting Their Money</u> - Casey Price ,Attorney at Price and Price, LLC</p>	<p>Where do you start when a loved one is diagnosed with dementia? What care do they need? Where can you find it? How will they pay for it without going broke? These are some of the questions families deal with when a loved one has dementia. This session focuses on two important things - finding good care for your loved one and protecting their money from the cost of the care. A basic understanding of these two things can empower you, the caregiver, and make dealing with this awful disease more manageable for everyone involved.</p>	99	C&D
<p><u>"Growing Beautiful:" Top 10 Best of Everything for your Southern New Jersey Garden</u> - Jeannie Marcucci, Garden Designer at Green Jean</p>	<p>Most home gardeners struggle with choosing the best plants for their gardens. In this workshop, we will talk about the top 10 best: trees, shrubs, perennials, annuals, and tools you can use in your southern New Jersey gardens--and where and how to shop for them.</p>	53	C&D

<p><u>Ditch Regret- Master an Extraordinary Life at Any Age</u> - June Grushka-Rosen Owner of ExtraordinaryYou</p>	<p>Learn hands on tools to release fear and find the confidence to reignite your power to achieve emotional and financial freedom! Participants will begin to develop proven skills needed to prioritize, find clarity, and shift your mindset in order to leave your valuable mark. No dreams are too big or too small to tackle in this exciting interactive workshop. Get ready to step into your extraordinary life now!</p>	85	C&D
<p><u>Supplements: Quantity and Quality</u> - Kathy Quinn, Owner at With You in Wellness</p>	<p>Do you need supplements? Which ones? What brands? Let's sort through some of the confusion surrounding supplements, together. Yes, they are important, with limited application and high quality. In this workshop, we will discuss general guidelines for choosing supplements, as well as what to look for in specific types. We will review which supplements may benefit you and, most importantly, which to get from food, your body's favorite source of nutrients.</p>	77	C
<p><u>What Matters Most - A Woman's Guide to an Inspired Retirement Strategy</u> - Linda Lane, Financial Planner at Prudential</p>	<p>You do not have to go it alone. This valuable retirement income planning workshop is designed to help you make informed choices about key retirement concerns that women face today. As part of the discussion, we will explore if adding a variable annuity with a living benefit available for a fee, could help you address these concerns. This workshop will help you address the challenges of your retirement income planning so you can: Analyze your Social Security benefit options, accurately estimate the impact of future healthcare costs, realize the importance of spousal protection, assess the long-term effects of taking Required Minimum Distributions (RMDs) from your qualified plans. Let us help educate and prepare you for your retirement.</p>	74	B&C
<p><u>Your Kidneys and You</u> - Rachel N'Diaye, Regional Program Director at National Kidney Foundation</p>	<p>"Your Kidneys and You" is the National Kidney Foundation's community-based health education program to increase the understanding of kidney disease for the over 73 million who are at risk for kidney disease due to obesity, diabetes, high blood pressure, or family history. The goal of this program is to raise awareness around the importance of healthy kidneys, and educate the public about the role kidneys play in daily health. Participants will receive National Kidney Foundation health materials and will be encouraged to talk to their health care provider about being screened for kidney disease.</p>	72	C&D
<p><u>Life Planning - Getting Your Ducks in a Row</u> - Rie Brosco Professional Organizer/Owner of RieOrganize!</p>	<p>Let us talking about what happens if you or a loved one becomes seriously ill, incapacitated, develops dementia, or dies. It can be awkward or scary and it does not matter if you are rich or poor If there is anything that you care about (including children and pets), someone will need to make decisions about what happens with your estate. Will you or your loved ones be ready? Learn how to initiate the conversation create a plan. Things happen when we least expect it leaving us confused and befuddled. Do not wait until something happens. Be prepared.</p>	73	C

<p><u>A Better Me</u> - Shanice Solomon, Community Health Worker at Southern New Jersey Perinatal Cooperative</p>	<p>"A Better Me" workshops are design to assist individuals explore their overall health. It is a holistic approach in engaging and developing the whole person on the level of physical, mental and spiritual health. These workshops are free and the topics range from stress management, healthy relationships, financial values as well as family involvement.</p>	78	A&C
<p><u>Preparing for Pregnancy</u> - Dr. Corrina Oxford Assistant Professor of Clinical Obstetrics and Gynecology at University of Pennsylvania Health</p>	<p>This session will cover issues that women should address prior to pregnancy to increase their overall likelihood of a healthy pregnancy. The physician will discuss genetic screening, medication use during pregnancy, fitness, weight, and the management of pre-existing conditions such as diabetes and hypertension during pregnancy.</p>	52	C
<p><u>Innovations and New Techniques in Breast Surgery</u> - Dr. Alexander Au, Penn Medicine Virtua Microvascular Specialist</p>	<p>The physician will discuss advanced breast reconstruction options, nipple reconstruction, tattooing and answer any questions you may have about plastic surgery. The Penn Medicine Virtua Microvascular Surgical Specialists team provides the most effective and current surgical techniques to help you look and feel your best. This specialized team will guide you through the entire process before, during, and after your surgery, with the goal of restoring self-image, self-confidence, and quality of life.</p>	55	C
<p><u>Productivity Secrets for Family Women Working from Home</u> - Dr. Joanne Broder Sumersonm, Research Psychologist</p>	<p>This workshop will focus on women who telecommute and work from home keep family balance (i.e., children or elderly relatives). The interactive program will provide sharing tips for being productive and maintaining boundaries necessary to work from home. Participants will create an action plan on how they can integrate these tips into their careers.</p>	97	B&C
<p><u>The Use of Mindfulness Meditation for the Alleviation of Anxiety</u> - Dr. John Monopoli Clinical Psychologist</p>	<p>The presentation will focus upon the nature of anxiety as a psychological phenomenon and a mindfulness-based orientation towards approaching and managing anxiety. An acceptance-based approach towards anxiety will include the topics of the active vs. receptive mind in approaching anxiety and the constructive vs. destructive incorporation of anxiety in one's life. Methods of meditation specifically aimed at managing anxiety will be discussed and illustrated.</p>	76	C
<p><u>Brain Health- Facts and Fiction</u> - Dr. May Thomas Physician, Health and Geriatric Educator at Thomas Partnered Health</p>	<p>This timely workshop covers a review of the latest statistics on Alzheimer's and other dementias. It explores the purpose and importance of the blue zone areas (areas in the world where people live the longest and healthiest) in the brain. It is followed by a holistic (mind, body, and spirit) review and a discussion of accurate information about healthy brain aging including diet, exercise, brain injury, physical and emotional health.</p>	54	C
<p><u>Medicare 101</u> - Mr. Alan Stein, Principal and Managing General Agent at Integrity Senior Benefits, LLC</p>	<p>Medicare 101 is an educational only workshop - no sales. It is structured to make understanding the complexities of Medicare a simple one for both beneficiaries and caregivers alike. The presenter, who is knowledgeable about carrier options, can discuss and explain the many options and provide the attendees the tools to make the decisions that meet their particular needs.</p>	70	C&D

<p><u>Coming Out of Diet and Exercise Retirement</u> - Ms. Asa Cansler H.P.E., A.S., ACE Certified Personal Trainer, Nutritionist at ACSM Health and Wellness Alliance Member</p>	<p>Have you lost 10 pounds ten times? You do realize that equals 100 pounds now, don't you! You have officially lost a person, but you are still the weight you began at or more. How did that happen? And it happened so fast. The last time you lost weight, you swore that was the, "last time". You were never supposed to gain it back again, remember? Perhaps you do not even want to remember. Perhaps you have placed the entire experience out of your mind and settled into this version of you, you once dreaded. The tired, unhealthy you, who looks in the mirror and says, "I look ok". It's not so bad, right? Ok, enough with the excuses. It is never too late to start again, even if you are reluctant. Get ready to dust yourself off and come out of diet and exercise retirement. This is your chance to laugh, to learn and to live your dream of a healthier you again.</p>	84	C
<p><u>Human Trafficking in New Jersey</u> - Ms. Denise R. Poole Founder, CEO at Heart 2 Heart Services</p>	<p>Join this important presentation to learn why human trafficking exists in our area and why New Jersey is considered a "hub". To prevent human trafficking is by bringing awareness and education on who is vulnerable for recruitment. Learn how to recognize the red signs of a potential victim and where they are recruited.</p>	81	A&C
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<p><u>Ditch Regret- Master an Extraordinary Life at Any Age</u> - June Grushka-Rosen Owner of ExtraordinarYou</p>	<p>Learn hands on tools to release fear and find the confidence to reignite your power to achieve emotional and financial freedom! Participants will begin to develop proven skills needed to prioritize, find clarity, and shift your mindset in order to leave your valuable mark. No dreams are too big or too small to tackle in this exciting interactive workshop. Get ready to step into your extraordinary life now!</p>	85	C&D
<p><u>Diagnosis Dementia: Finding Great Care for a Loved One with Dementia and Protecting Their Money</u> - Casey Price, Attorney at Price and Price, LLC</p>	<p>Where do you start when a loved one is diagnosed with dementia? What care do they need? Where can you find it? How will they pay for it without going broke? These are some of the questions families deal with when a loved one has dementia. This session focuses on two important things - finding good care for your loved one and protecting their money from the cost of the care. A basic understanding of these two things can empower you, the caregiver, and make dealing with this awful disease more manageable for everyone involved.</p>	99	C&D
<p><u>Bollywood Fusion Dance</u> - Ms. Aarti Gupta Instructor, Choreographer and Performer</p>	<p>Vibrant and entertaining Bollywood Fusion Dance, suitable for all ages and level, gives a whole-body workout dancing to the rhythm of joy with the powerful nature of Bollywood music. Get your dancing shoes on and join in to experience this musical journey of fun and fitness.</p>	Gym 2	D
<p><u>Women and Financial Wellness: Strategies to Thrive on Financial Freedom</u> - Mrs. Catherine Allen ,Certified Financial Planner at M Financial Planning Services</p>	<p>Women may face unique financial planning challenges throughout their lives, including unpredictable life events and retirement planning hurdles. In this presentation, we take a deeper dive into many of these potential challenges, discuss methods to address them, and identify ways that women can cultivate wellness and empower themselves financially. Specifically, the empower presentation and workbook focuses on seven steps for female investors to achieve financial empowerment:</p>	55	D
<p><u>Women and Addiction: A Feminist Perspective</u> - Susan Macios Program Director at Hispanic Family Counseling Center</p>	<p>The session will provide a feminist perspective on the needs associated with women dealing with addiction. An overview of the specific gender based risk factors that women face from active use through the recovery process will be presented. An emphasis on how the medical, psychiatric, social, behavioral, legal consequences of addiction, in regards to how they impact women of color and other minority groups will be explored. The workshop will also address the psychosocial and behavioral treatment needs of women and how these needs are overlooked via the use of modalities designed to address the needs of men.</p>	97	D
<p><u>Stroke: What to Know, What to Do</u> - Ms. Debra Gillen, Stroke and Sepsis Coordinator at Lourdes Health System</p>	<p>Stroke is the fifth leading cause of death in the United States and the #1 cause of disability. Would you know if you or a loved one were having a stroke? Would you know what to do? This session will include: signs and symptoms of stroke, stroke risk factors, and stroke treatment.</p>	54	D

<p><u>Stress is Here to Stay: Learning to Cope, Stay Calm & Ban Burnout</u> - Ms. Susan Lonker, Trainer and Career Consultant</p>	<p>Stress is a fact, period end of story. How we deal with it is another story, one that can have a positive outcome. In both our personal life and on-the-job, we may experience people and situations that will test our patience, temper, good nature, and stamina. Learning how to manage the potential causes of stress and make the right choices are the keys to leading a healthy, productive, and satisfying life.</p>	<p>87</p>	<p>D</p>
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