

SESSION NAME AND PRESENTER	DESCRIPTION	ROOM	SESSIONS
<b>SESSION A</b>			
<b><u>Featured Activity</u></b> <b>Yoga</b>	Yoga provided by Upcycle / Yogawood	Tent	A
<b><u>Developing Your Personal Vision -</u></b> Pamela Carter, President and Founder of Women of Character, Inc.	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.	TBD	A
<b><u>Understanding Social Security-</u></b> William Greenfield, Investment Advisor, Wealth Bridge Advisory	Social Security is on the mind of every person inching closer to retirement. This workshop will review the critical issues of when to claim Social Security, what spousal benefits are available, how divorce affects one's benefit, the intricacies of survivor benefits. and how Social Security is taxed. The topic of how Social Security should fit into one's overall retirement plan and the potential pitfalls will be covered, as well.	TBD	A
<b><u>Essential Emotions: Navigating Your Emotions So That You Can Get On With Life-</u></b> Akita Brooks, Emotional Life Coach & Wellness Advocate	In this session, participants will know the science behind emotions and how it affects the neural-processing functions of the mind, heart and gut. The class will showcase how some life experiences are processed into beliefs that may create negative thoughts. It concludes with strategies to support healthy emotions and beliefs using essential oils from plants. Participants will create their own roller bottle of their favorite essential oil to take home.	TBD	A, B & D
<b><u>Diagnosis Dementia: Finding Great Care for a Loved One with Dementia and Protecting Their Money-</u></b> Casey Price, Attorney, Price & Price, LLC	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 concepts can empower you, the caregiver, with skills to manage this challenging disease.	TBD	A & B
<b><u>Five Wishes: What You Want Your Family to Know If You Can't Speak for Yourself -</u></b> Joanne Rosen, VP of Marketing & Public Affairs, Samaritan Healthcare & Hospice	This informative workshop addresses your personal, emotional, spiritual and medical wishes so that family and friends will not have to guess what you would want if you were unable to speak for yourself. By discussing, writing down and sharing your wishes, your family will have your blueprint to follow should they have to make hard choices on your behalf. The Five Wishes Living Will is valid in most states, including New Jersey. Participants take away an easy-to understand booklet to complete at their leisure.	TBD	A & B

<p><b><u>Create Financial Independence</u></b> - Denise Davis, Financial Services Professional, New York Life</p>	<p>This educational seminar will provide information to help women understand current needs and empower them to make informed financial decisions. It will touch briefly on four (4) areas that will give attendees an overview of the things they might want to know more about. Each attendee will receive a take-home workbook for personal use.</p>	<p>TBD</p>	<p>A, B, C, &amp; D</p>
<p><b><u>Unplug and Hug: The Guide to Good Digital Citizenship</u></b> – Dr. Joanne Broder Sumerson, Research Psychologist</p>	<p>This session will teach participants healthy use of technology and maintaining good digital citizenship when making social media posts and comments.</p>	<p>TBD</p>	<p>A, B, C, &amp; D</p>
<p><b><u>Know the 10 Signs of Alzheimer's</u></b> - Effie Murphy, Program Coordinator, Alzheimer's Association</p>	<p>An estimated 5.7 million Americans are living with Alzheimer’s dementia, which is the sixth leading cause of death in the United States. What is Alzheimer's Disease, and how do you know if someone has it? This presentation will discuss: • The 10 warning signs • The difference between Alzheimer’s dementia and normal aging • Risk Factors • Importance of early detection • How to become prepared if warning signs occur • Relationship between a healthy lifestyle and brain health • Available resources and support.</p>	<p>TBD</p>	<p>A&amp;D</p>
<p><b><u>Are You the Peanut Butter or the Jelly-Tips for the Sandwich Generation</u></b> – Ellen Magenheim, President, We Care Advocates</p>	<p>Advice for the Sandwich Generation on how to live your life while caring for your family. Find the proper resources for your aging parents and special needs children while navigating the healthcare world.</p>	<p>TBD</p>	<p>A&amp;D</p>
<p><b><u>The Power of Sports for Special Needs Athletes</u></b> – Jim Cucinotta, Past President, Marlton Rec Council Sports Unity Program</p>	<p>Sports are an important part of the development of all children, especially those with special needs. Socialization, strong exercise habits, and learning how to deal with failure are key lessons that youth sports should teach players and parents.</p>	<p>TBD</p>	<p>A&amp;D</p>
<p><b><u>Sexual Harassment</u></b> – Denise Poole, M.A., M.A., LAC, Founder &amp; CEO of Heart 2 Heart Services</p>	<p>Uncover what is sexual harassment, who is affected by it, how do we handle it, how to talk to our children about it, and how do we report it.</p>	<p>TBD</p>	<p>A &amp; C</p>
<p><b><u>Dense Breast and Abnormal Breast Imaging</u></b> – Pauline Germaine, MD Radiologist, Cooper University Health Care</p>	<p>Join breast health experts from MD Anderson Cancer Center at Cooper to learn more about the management of abnormalities found on mammograms and how having dense breasts can affect your risk of breast cancer.</p>	<p>TBD</p>	<p>A</p>

<p><b>UPDATE: Social Opportunities for the Active Senior Panel</b> – Diane Dubbeling, Owner, Senior Publications East, Today's Senior Magazine</p>	<p>It's no secret – keeping active and socially engaged is vital to healthy aging. Updated information will be provided on local senior clubs and centers that provide ongoing choices for socializing, trips and more. A panel discussion will include: Fantastic 50s Plus, a well-established social group for singles (not a dating/support site) who would like to meet others for activities, the Senior America Pageant, an annual event showcases inspirational women from all over the U.S. who have reached the “age of elegance” (60+) and provides the opportunity for them to use their wisdom and talents to enrich the lives of others.</p>	TBD	A
<p><b>Using Acupuncture and Functional Medicine to Address Depression, ADHD and other Brain Based Disorders</b> – Glenn Gruby, Licensed Acupuncturist, Functional Health &amp; Acupuncture Institute</p>	<p>In this workshop, we will discuss from a Traditional and Functional Medicine perspective, the root causes of brain based disorders including anxiety, depression and ADHD. We will be covering topics such as: 1. The Gut-Brain Axis: How digestion and intestinal health affects brain health. 2. The role of acupuncture in reducing stress and the Brain-adrenal connection. 3. A traditional Chinese understanding of anxiety and depression. 4. Critical nutrients and dietary strategies to improve brain health. 5. The role of inflammation in brain health. 6. How to assess and uncover sources of inflammation that may be impacting your brain.</p>	TBD	A
<p><b>It's a South Jersey Thing: Why your Zip Code Makes a Difference in Cancer</b> – Jackie Miller, NJ CEED (Cancer Education and Early Detection) Program Manager, Penn Medicine Virtua Cancer Program</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>	TBD	A&C
<p><b>Keeping Your Shoulder Healthy and Strong</b> - Jennifer Vanderbeck, MD at Reconstructive Orthopedics</p>	<p>Find out the ways to keep your shoulder healthy and strong.</p>	TBD	A
<p><b>Common Spine Conditions that Affect Women</b> - Meenal Patil, MD Reconstructive Orthopedics</p>	<p>Explore spinal pain conditions that affect women including Coccydynia, Piriformis Syndrome, and Sacroiliitis</p>	TBD	A
<p><b>Breast Cancer Evaluation, Prevention and Genetics</b>, Priya Gor, MD, MSCE - Medical Co-Director, Penn Medicine Virtua Cancer Genetics Program</p>	<p>This talk will cover the importance of regular breast cancer screening, ways to prevent breast cancer and genetic risk factors for the disease.</p>	TBD	A
<p><b>Discovering Ancient Spices for Your Wellness</b> – Madhu Gupta, President, GoHolistics LLC</p>	<p>Eastern culture has been using spices in their food for hundreds of years. Spices not only add flavor to your food but also may have health and wellness benefits. Spices are natural, fresh and have a magical aroma which makes your dishes tasty and maintains a healthy body. Everyone has heard this popular saying: "HEALTH IS WEALTH". Join us for a motivational journey in putting your health in your hands.</p>	TBD	A

## SESSION B

<p style="text-align: center;"><b>Featured Speaker</b> <b>Maysoon Zayid</b></p>	<p>Maysoon Zayid is an actress, comedian, writer and disability advocate. She is a graduate of, and a Guest Comedian in Residence, at Arizona State University. Maysoon is the co-founder/co-executive producer of the New York Arab American Comedy Festival and The Muslim Funny Fest. She was a full-time On-Air Contributor to <i>Countdown with Keith Olbermann</i> and a columnist for <i>The Daily Beast</i>. She has most recently appeared on Oprah Winfrey Network's <i>In Deep Shift</i>, <i>60 Minutes</i>, and ABC News. Maysoon had the number one TED Talk of 2014 and was named 1 of 100 Women of 2015 by <i>BBC</i>. As a professional comedian, Maysoon has performed in top New York clubs and has toured extensively at home and abroad. Maysoon appeared alongside Adam Sandler in <i>You Don't Mess with the the Zohan</i> and has written for <i>VICE</i>. She walked in New York Fashion Week and is proud to be an ambassador for the Cerebral Palsy Foundation.</p>	TBD	B
<p><b>Medicare 101-</b> Alan Stein, Principal and Managing General Agent, 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, most knowledgeable about carrier options, will discuss and explain the many options and provide the attendees the tools to make the decisions that meet their needs.</p>	TBD	B & D
<p><b>Essential Emotions: Navigating Your Emotions So That You Can Get On With Life-</b> Akita Brooks, Emotional Life Coach &amp; Wellness Advocate</p>	<p>In this session, participants will know the science behind emotions and how it affects the neural-processing functions of the mind, heart and gut. The class will showcase how some life experiences are processed into beliefs that may create negative thoughts. It concludes with strategies to support healthy emotions and beliefs using essential oils from plants. Participants will create their own roller bottle of their favorite essential oil to take home.</p>	TBD	A, B & D
<p><b>Fiscal Fitness - WomenRock Their Finances</b> – Linda Lane, Financial Advisor, Prudential Advisors</p>	<p>"WomenRock Their Finances" covers five steps to a healthy path to financial security for women. The program includes topics on what is important to you, reviewing your current situation, learning about investment and protection vehicles, and most importantly how to proceed and with a plan to accomplish your financial goals.</p>	TBD	B & C
<p><b>The Management of Bunions and Hammertoes: A Pathway to Pain-Free Feet</b> – Dr. Kimberly Hurley, Podiatrist, Cooper Bone and Joint Institute</p>	<p>Join this interactive discussion focusing on common female foot issues. It covers what causes foot pain and how to find relief.</p>	TBD	B

<p><b><u>Take Control of your Diabetes-Lead a Healthier Life</u></b> – Dr. Garima Thapar, LMA Endocrinology Associates</p>	<p>This presentation will include diabetes management information. Learn how nutrition, physical activity and medication can help keep glucose levels in control. An overview about diabetes, including risk factors and ways to reduce the risk of complications will be discussed.</p>	TBD	B & C
<p><b><u>Family Budgeting and Financial Stability</u></b> – Shauna Thomas, Senior Manager, Bowman &amp; 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>	TBD	B & C
<p><b><u>Create Financial Independence</u></b> - Denise Davis, Financial Services Professional, New York Life</p>	<p>This educational seminar will provide information to help women understand current needs and empower them to make informed financial decisions. It will touch briefly on four (4) areas that will give attendees an overview of the things they might want to know more about. Each attendee will receive a take-home workbook for personal use.</p>	TBD	A, B, C, & D
<p><b><u>Unplug and Hug: The Guide to Good Digital Citizenship</u></b> – Dr. Joanne Broder Sumerson, Research Psychologist</p>	<p>This session will teach participants healthy use of technology and maintaining good digital citizenship when making social media posts and comments.</p>	TBD	A, B, C, & D
<p><b><u>Eating to Support Immune Health</u></b> – Lauren Falcone, Registered Dietician, Jefferson Health</p>	<p>Promoting a strong immune function through consuming a consistent, healthy, quality diet can make fighting off illness faster and easier. Learn about the key nutrients the body needs to support a healthy immunity in addition to other essential lifestyle factors.</p>	TBD	B & C
<p><b><u>Being Better Educated Helps You Be Treated Better by the Medical Community</u></b> – Jim Cucinotta, CEO Halo Health International, Inc.</p>	<p>Being well informed is the key to better healthcare. This seminar will touch on the types of questions to ask your providers where to find good information about your health, and how to find advocates that can translate it all for you.</p>	TBD	B
<p><b><u>Your Gut Health: Pain Free or “Pain Full”?</u></b> – Melissa Shapiro, Certified Integrative Nutrition Health Coach</p>	<p>Transforming your health is all about taking small steps that lead to big changes. In this talk, we will explore the relationship between your gut health and potential causes of inflammation. What foods are you eating that could be irritating your body and creating imbalances? “Gluten-free” is a term that you can find in social media and on your grocery store shelf but, what does it mean for you and your health? Steps to improve your gut health will also be offered.</p>	TBD	B & C

<p><b><u>Five Wishes: What You Want Your Family to Know If You Can't Speak for Yourself</u></b> - Joanne Rosen, VP of Marketing &amp; Public Affairs, Samaritan Healthcare &amp; Hospice</p>	<p>This informative workshop addresses your personal, emotional, spiritual and medical wishes so that family and friends will not have to guess what you would want if you were unable to speak for yourself. By discussing, writing down and sharing your wishes, your family will have your blueprint to follow should they have to make hard choices on your behalf. The Five Wishes Living Will is valid in most states, including New Jersey. Participants take away an easy-to-understand booklet to complete at their leisure.</p>	<p>TBD</p>	<p>A &amp; B</p>
<p><b><u>Diagnosis Dementia: Finding Great Care for a Loved One with Dementia and Protecting Their Money</u></b>- Casey Price, Attorney, Price &amp; 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 concepts can empower you, the caregiver, with skills to manage this challenging disease.</p>	<p>TBD</p>	<p>A &amp; B</p>

# SESSION C

<p><b><u>Featured Speakers</u></b>          Kate Van Horn, Jessica Baumgardner, Jennifer Clark, co-founders of B+YND and The GOOD Fest</p>	<p>Wellness IRL: Creating events for the health conscious, in a digitally driven world</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Featured Speaker</u></b>          Dr. Naticchia          Jefferson Health</p>	<p>Girls' Sports injuries          More information to come</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Israeli Krav Maga: Self-Defense For Women</u></b> – Don Melnick, Owner/Instructor</p>	<p>The Krav Maga workshop will provide an overview of practical and effective self-defense techniques. Krav Maga is an instinctive, reactive easy to learn self-defense system, designed to help people get out of bad situations quickly. Krav Maga is designed for everyone, regardless of gender, ages, size, shape or physical ability!</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Create Financial Independence</u></b> - Denise Davis, Financial Services Professional, New York Life, Israeli Krav Maga Cherry Hill</p>	<p>This educational seminar will provide information to help women understand current needs and empower them to make informed financial decisions. It will touch briefly on four (4) areas that will give attendees an overview of the things they might want to know more about. Each attendee will receive a take-home workbook for personal use.</p>	<p>TBD</p>	<p>A, B, C, &amp; D</p>
<p><b><u>Unplug and Hug: The Guide to Good Digital Citizenship</u></b> – Dr. Joanne Broder Sumerson, Research Psychologist</p>	<p>This session will teach participants healthy use of technology and maintaining good digital citizenship when making social media posts and comments.</p>	<p>TBD</p>	<p>A, B, C, &amp; D</p>
<p><b><u>It's a South Jersey Thing: Why your Zip Code Makes a Difference in Cancer</u></b> – Jackie Miller, NJ CEED (Cancer Education and Early Detection) Program Manager, Penn Medicine Virtua Cancer Program</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>	<p>TBD</p>	<p>A&amp;C</p>
<p><b><u>Fiscal Fitness - WomenRock Their Finances</u></b> – Linda Lane, Financial Advisor, Prudential Advisors</p>	<p>"WomenRock Their Finances" covers five steps to a healthy path to financial security for women. The program includes topics on what is important to you, reviewing your current situation, learning about investment and protection vehicles, and most importantly how to proceed and with a plan to accomplish your financial goals.</p>	<p>TBD</p>	<p>B &amp; C</p>

<p><b><u>Combat Cancer with Food</u></b> – Kathy Quinn, CHHC AADP, Owner, Integrative Nutrition Health Coach, With You in Wellness LLC</p>	<p>Can foods combat cancer? Certain foods, yes. And others feed cancer. Learn which is which, along with healthy eating and lifestyle tips to prevent and fight disease, and keep your immune system strong. Food science has come a long way in linking food with disease and disease prevention. Learn what you can do for your health, simply and inexpensively, with food.</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Eating to Support Immune Health</u></b> – Lauren Falcone, Registered Dietician, Jefferson Health</p>	<p>Promoting a strong immune function through consuming a consistent, healthy, quality diet can make fighting off illness faster and easier. Learn about the key nutrients the body needs to support a healthy immunity in addition to other essential lifestyle factors.</p>	<p>TBD</p>	<p>B &amp; C</p>
<p><b><u>Sexual Harassment</u></b> – Denise Poole, M.A., M.A., LAC, Founder &amp; CEO of Heart 2 Heart Services</p>	<p>Uncover what is sexual harassment, who is affected by it, how do we handle it, how to talk to our children about it, and how do we report it.</p>	<p>TBD</p>	<p>A &amp; C</p>
<p><b><u>Ditch Regret –Master an Extraordinary Life at any Age</u></b> - June Grushka-Rosen M.Ed, Owner ExtraordinaryYou LLC, Heart 2 Heart Services</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 develop proven skills needed to prioritize, find clarity, and shift their mindset in order to leave a valuable mark. No dreams are too big or too small to tackle in this exciting interactive workshop.</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Take Control of your Diabetes-Lead a Healthier Life</u></b> – Dr. Garima Thapar, LMA Endocrinology Associates</p>	<p>This presentation will include diabetes management information. Learn how nutrition, physical activity and medication can help keep glucose levels in control. An overview about diabetes, including risk factors and ways to reduce the risk of complications will be discussed.</p>	<p>TBD</p>	<p>B &amp; C</p>
<p><b><u>"I Am Not Every Woman"- Managing Stress/Anxiety</u></b> - Pamela Carter, President and Founder of Women of Character, Inc.</p>	<p>"I Am Not Every Woman" workshop is about how stress and anxiety effect our daily lives. Learn how to say "no" and express your true feelings about your daily life. Discover triggers and sources of stress and anxiety, and ways to manage it.</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Medicare and You</u></b> – Perry Jones, Agent, CLTC, Bankers Life and Colonial Penn</p>	<p>Know the rights and options everyone has when receiving Medicare for the first time. Find out what Medicare covers, what it does not cover, and what options are available to take care of the gaps in coverage. Your questions and concerns are welcomed.</p>	<p>TBD</p>	<p>C</p>
<p><b><u>Understanding and Responding to Dementia Related Behaviors</u></b> – Effie Murphy, Program Coordinator, Alzheimer's Association</p>	<p>Alzheimer's disease, and other dementias, can cause people to act in different, and unpredictable ways. This presentation will help us identify, understand, and respond to behavioral challenges. Learn about helpful communication tips and strategies.</p>	<p>TBD</p>	<p>C</p>

<p><b><u>Your Gut Health: Pain Free or “Pain Full”?</u></b> – Melissa Shapiro, Certified Integrative Nutrition Health Coach</p>	<p>Transforming your health is all about taking small steps that lead to big changes. In this talk, we will explore the relationship between your gut health and potential causes of inflammation. What foods are you eating that could be irritating your body and creating imbalances? “Gluten-free” is a term that you can find in social media and on your grocery store shelf but, what does it mean for you and your health? Steps to improve your gut health will also be offered.</p>	TBD	B & C
<p><b><u>I Just Want to Lose this "Stomach"!</u></b> – Asa Cansler, ACE Certified Personal Trainer, H.P.E., A.S., American College of Sports Medicine</p>	<p>Be honest, it is not just your stomach! “I am not fat, I’m curvy!” “If only I could just lose this stomach, I’d be happy.” How many times have you said this to yourself? How many times have you heard someone else say it? A “curvy and beautiful” mindset speaks nothing of whether we are healthy or not. This humorous workshop will give you honest insight on why all the crunches in the world will not flatten your stomach, what actually will, and motivate you need to get healthy.</p>	TBD	C & D
<p><b><u>Aging in Place Panel</u></b> – Maureen Bergeron, Director of Senior &amp; Disabled Services, Camden County</p>	<p>Join experts in Senior Services who will guide you through important information regarding insurance counseling, caregiver support, Medicaid assistance, adult social day center and drop in home delivered meals.</p>	TBD	A, B, C & D
<p><b><u>Food Sensitivities Got You Frazzled? Discover the Five Nutrition Steps to Help your Family Thrive and Take Charge of your Diet After a Food Sensitivity Diagnosis</u></b> - Erica Hunter, Holistic Health Coach</p>	<p>Learn the five (5) steps to help your family transition to allergy-friendly foods. Discover everything you need to know when you or someone in your family has been newly diagnosed with food sensitivities. How to Be Smarter than the Food Label Clearing Your Kitchen of Hidden Allergy Triggers Becoming a Grocery Store Food Allergy Ninja Shopper Becoming a Planner for Food Sensitivity Fearlessness. You will leave this session empowered with the information needed to take charge of your family’s nutrition</p>	TBD	C & D
<p><b><u>Family Budgeting and Financial Stability</u></b> – Shauna Thomas, Senior Manager, Bowman &amp; 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>	TBD	B & C
<p><b><u>Fitness Using “Lucy”, The 3.6 Million Year Old Humanoid as from Africa as a Case Study.</u></b> - S. Nadeem MD, Reconstructive Orthopedics</p>	<p>This informative workshop focuses on how to learn about modern day fitness using “Lucy”, the 3.6 million-year-old humanoid from Africa as the case study.</p>	TBD	C

# SESSION D

<p style="text-align: center;"><b><u>Featured Speaker</u></b></p> <p>Kathleen Volk Miller, is an essayist, a professor, and Director of the Graduate Program in Publishing at Drexel University. She has written for the NYTimes Modern Love, O, the Oprah magazine and many more.</p>	<p>Writing to Heal: This workshop will explore how writing can work as a healing tool to help process experiences of trauma, loss, and hardship. We'll look at how other writers have used painful life experiences as catalysts for their fiction, poetry, memoir, and essays. We'll discuss the psychological theories behind the act of writing. Translating events into the written word can actually affect brain and immune functions. Writing was found to reduce anxiety and depression, improve grades in college, and even aid people in finding jobs. We'll spend some time in class generating writing, inspired by prompts that will help students approach their own life experiences from different angles. The class is open to all, regardless of writing experience.</p>	<p style="text-align: center;">TBD</p>	<p style="text-align: center;">D</p>
<p style="text-align: center;"><b><u>Featured Speaker</u></b></p> <p style="text-align: center;">Dr. Mueller Jefferson Health</p>	<p style="text-align: center;">Hormonal Headaches More information to come</p>	<p style="text-align: center;">TBD</p>	<p style="text-align: center;">D</p>
<p><b><u>Medicare 101</u></b>- Alan Stein, Principal and Managing General Agent, 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, most knowledgeable about carrier options, will discuss and explain the many options and provide the attendees the tools to make the decisions that meet their particular needs.</p>	<p style="text-align: center;">TBD</p>	<p style="text-align: center;">B &amp; D</p>
<p><b><u>Essential Emotions: Navigating Your Emotions So That You Can Get On With Life</u></b>- Akita Brooks, Emotional Life Coach &amp; Wellness Advocate</p>	<p>In this session, participants will know the science behind emotions and how it affects the neural-processing functions of the mind, heart and gut. The class will showcase how some life experiences are processed into beliefs that may create negative thoughts. It concludes with strategies to support healthy emotions and beliefs using essential oils from plants. Participants will create their own roller bottle of their favorite essential oil to take home.</p>	<p style="text-align: center;">TBD</p>	<p style="text-align: center;">A, B &amp; D</p>
<p><b><u>Bollywood Dance Mania</u></b> - Aarti Gupta, Dance Instructor / Performer/ Choreographer</p>	<p>Elaborate Bollywood dance numbers are an important highlight of Bollywood films. This engaging Indian dance style blends various dance forms including, Indian classical dance, Indian folk, jazz influences and Western dance movement. Come and join us on this mission that will have you sweating and make you feel accomplished from a fun workout.</p>	<p style="text-align: center;">TBD</p>	<p style="text-align: center;">D</p>
<p><b><u>Create Financial Independence</u></b> - Denise Davis, Financial Services Professional, New York Life</p>	<p>This educational seminar will provide information to help women understand current needs and empower them to make informed financial decisions. It will touch briefly on four (4) areas that will give attendees an overview of the things they might want to know more about. Each attendee will receive a take-home workbook for personal use.</p>	<p style="text-align: center;">TBD</p>	<p style="text-align: center;">A, B, C, &amp; D</p>

<p><b><u>Meditation - Basics and Benefits</u></b> – Kathy Quinn, CHHC AADP, Owner, Integrative Nutrition Health Coach, With You in Wellness LLC</p>	<p>Are you stressed out? Run down? Do you want to feel more vibrant and relaxed throughout the day? Join us to learn the benefits and basics of meditation and more. Sample easy-breathing exercises, meditation, and yoga stretches.</p>	<p>TBD</p>	<p>D</p>
<p><b><u>Unplug and Hug: The Guide to Good Digital Citizenship</u></b> – Dr. Joanne Broder Sumerson, Research Psychologist</p>	<p>This session will teach participants healthy use of technology and maintaining good digital citizenship when making social media posts and comments.</p>	<p>TBD</p>	<p>A, B, C, &amp; D</p>
<p><b><u>Know the 10 Signs of Alzheimer's</u></b> - Effie Murphy, Program Coordinator, Alzheimer's Association</p>	<p>An estimated 5.7 million Americans are living with Alzheimer’s dementia, which is the sixth leading cause of death in the United States. What is Alzheimer's Disease, and how do you know if someone has it? This presentation will discuss: • The 10 warning signs • The difference between Alzheimer’s dementia and normal aging • Risk Factors • Importance of early detection • How to become prepared if warning signs occur • Relationship between a healthy lifestyle and brain health • Available resources and support.</p>	<p>TBD</p>	<p>A&amp;D</p>
<p><b><u>Are You the Peanut Butter or the Jelly-Tips for the Sandwich Generation</u></b> – Ellen Magenheim, President, We Care Advocates</p>	<p>Advice for the Sandwich Generation on how to live your life while caring for your family. Find the proper resources for your aging parents and special needs children while navigating the healthcare world.</p>	<p>TBD</p>	<p>A&amp;D</p>
<p><b><u>The Power of Sports for Special Needs Athletes</u></b> – Jim Cucinotta, Past President, Marlton Rec Council Sports Unity Program</p>	<p>Sports are an important part of the development of all children, especially those with special needs. Socialization, strong exercise habits, and learning how to deal with failure are key lessons that youth sports should teach players and parents.</p>	<p>TBD</p>	<p>A&amp;D</p>
<p><b><u>I Just Want to Lose this "Stomach"!</u></b> – Asa Cansler, ACE Certified Personal Trainer, H.P.E., A.S., American College of Sports Medicine</p>	<p>Be honest, it is not just your stomach! “I am not fat, I’m curvy!” "If only I could just lose this stomach, I’d be happy.” How many times have you said this to yourself? How many times have you heard someone else say it? A “curvy and beautiful” mindset speaks nothing of whether we are healthy or not. This humorous workshop will give you honest insight on why all the crunches in the world will not flatten your stomach, what actually will, and motivate you need to get healthy.</p>	<p>TBD</p>	<p>C &amp; D</p>

<p><b><u>Food Sensitivities Got You Frazzled?</u></b>  <b><u>Discover the Five Nutrition Steps to Help your Family Thrive and Take Charge of your Diet After a Food Sensitivity Diagnosis</u></b> - Erica Hunter, Holistic Health Coach</p>	<p>Learn the five (5) steps to help your family transition to allergy-friendly foods. Discover everything you need to know when you or someone in your family has been newly diagnosed with food sensitivities. How to Be Smarter than the Food Label Clearing Your Kitchen of Hidden Allergy Triggers? ? Becoming a Grocery Story Food Allergy Ninja Shopper Becoming a Planner for Food Sensitivity Fearlessness. You will leave this session empowered with the information needed to take charge of your family's nutrition</p>	<p>TBD</p>	<p>C &amp; D</p>
<p><b><u>Breast Imaging: What You Want to Know</u></b> – Dayna Levin, MD, Breast Imager, Pennsylvania Hospital Assistant Professor of Radiology, Residency Program Director, Pennsylvania Hospital</p>	<p>This workshop covers Breast Imaging Screening its methods and rationale. Screening recommendations and Breast Density Legislation will be discussed as well.</p>	<p>TBD</p>	<p>D</p>
<p><b><u>Aging in Place Panel</u></b> – Maureen Bergeron, Director of Senior &amp; Disabled Services, Camden County</p>	<p>Join experts in Senior Services who will guide you through important information regarding insurance counseling, caregiver support, Medicaid assistance, adult social day center and drop in home delivered meals.</p>	<p>TBD</p>	<p>A, B, C &amp; D</p>
<p><b><u>Fear of Falling? An introduction to "Matter of Balance"</u></b> – Patricia Hearey, Health Education, Supervisor, Camden County Department of Health and Human Services</p>	<p>Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, "A Matter of Balance: Managing Concerns About Falls", is a program for you. Today we will introduce you to "Matter of Balance", which consists of 8 two hour sessions and is held throughout Camden County at no cost to residents.</p>	<p>TBD</p>	<p>D</p>