

Camden County Women's Health Conference – Workshop List

**Please register for up to 3 workshops and select one session for lunch for a total of four sessions.
(Do not register for a workshop in the session you choose for lunch)**

Lunch Sessions

LUNCH SESSION B1 - 11:00-11:45

LUNCH SESSION B2 - 11:45-12:30

LUNCH SESSION C - 12:30-1:45

Nutrition and Exercise

You Do Not Have To Be A Yogi To Do Chair Yoga C, D

Nancy M. Davis, E-RYT, Experienced Registered Yoga Teacher, Yoga, Alliance 856.816.1486, nancymdav16@verizon.net
Most people believe they cannot do yoga because they are not "flexible" enough. Together, we will change that!
Participants seated in chairs, will learn how to use their breath to relax and release the tension that creates the stress in their bodies and minds and yoga stretches to enable more flexibility in the spine. Yoga is available to everyone, no matter your size, shape or physical condition. Flexibility starts in the mind, not your spine!

Why Exercise? Live Longer - Live Better B, D

Paul Kennedy, PhD, Exercise Science, Wellness Outreach, Leisure Fitness, 302.224.5031 drpaul@leisurefitness.com
This seminar demonstrates the importance of regular exercise in the prevention, treatment and possible symptom reduction of many chronic diseases such as heart disease, diabetes, cancer, arthritis and depression. Participants will learn that "Exercise IS Medicine" and will be shown the causal relationship between regular exercise and improved physical and mental health.

Pilates for Back Care A, B

Laurie DiMatteo-Weiner, Owner, Pilates Plus a Restoration Studio, LLC, 856.304.5556 laurie@pilatesplusrestoration.com
The class is designed to educate individuals on the benefits of Pilates. Pilates helps to strengthen the deep postural muscles of the spine. Research has shown that Pilates strengthens the muscles that are weakened during episodes of back pain. It can help reduce pain and prevent further episodes of back pain. It improves posture, muscle tone and balance. This mat class will be 45 minutes long addressing specific exercises for back care. There will be a Q & A after class. Please bring your own mat and towel to class. Dress comfortably in clothes that you can move in.

Masala Bhangra Workout ® A

Susette Sabio Jones, Licensed Instructor, 856.264.3801 zumbaqueen@comcast.net
Just like dancing and fitness, Masala Bhangra Workout(R) is "good for the soul". Masala means "spicy" and Bhangra is an Indian "folk dance". When you hear the sounds of the Bhangra beat (sounds of the drums) you can't help but move your feet and shake your head. It's that contagious. Don't forget to add a touch of Bollywood and it's ELECTRIFYING! You will work your core, shoulders, glutes and legs. Wear comfortable clothing, bring towel and water.

Eat Well Live Well B, C

Barbara Darcy RD, CDE Registered Dietitian, Virtua, 856.325.4275, bdarcy@virtua.org
"Eat Well Live Well" is a program designed to provide interactive tools for preventing or managing diabetes, heart disease, cancer, and obesity. These health situations account for 60% of premature deaths among Americans. If we can start early to counteract the potential effects of genetics, we can add years to our lives and life to our years. Lifestyle changes are encouraged as new habits that can affect all aspects of our lives. Small changes in food choices and exercise can reap big benefits.

Bollywood Dance D

Aarti Gupta, Dance Choreographer, 856.424.9313; energyrhythms@yahoo.com

Bollywood dance is a stylized dance form that blends traditional folkloric storytelling with fusion elements of hip-hop, contemporary, arabic and latino styles. With the success of films such as the Oscar winning movie, Slumdog Millionaire, Bollywood dance has taken the world by storm and has now come into the global spotlight. This dance form is upbeat, fun, energetic and an overall aerobic workout that gets your body moving and spirits soaring. Come and join us for a journey of excitement and thrills.

Meditative Stretch A, B

Robyn Caruso, Health Education Specialist, Fitness Specialist, 609.636.0388, robyna3@comcast.net

Meditative Stretch is a class that focuses on relaxation. In class, stretches and meditation are used to elicit the relaxation response and to escape from the stresses of everyday life. Participants will also have a chance to use aromatherapy and lavender scented eye pillows.

Bollywood inspired Doonya Fitness Workout B

Ritu Pandya, Certified Doonya Teacher, 856.278.1707, ritupandya@msn.com;

This class is a Bollywood-inspired, easy to follow, non-stop cardio and strength-building workout program. It is designed to "Bolly-fit" your body while having so much fun! It is joyful, creative, festive, energetic and powerful. Wear loose, comfortable clothes and bring a bottle of water. You will learn Bollywood and Pop Bhangra with intricate handwork, footwork, hip and body movements specific to the Bollywood style basics to exercise both your physical and inner selves. For details see www.doonya.com.

Inner Blocks To Losing Weight: Why You Lose The Battle More Than The Weight B

Sidney Cohen, PhD, Psychologist, 856.428.1685 Cowboycone@aol.com

Review of the chapters of the book on Inner Blocks will be presented along with numerous anecdotes and case examples. Considerable focus will be placed on the terms inner bully, self-sabotage, self-worth, and self-rebellion. Questions from the audience will be regularly solicited to hopefully maximize audience participation.

7 Secrets To Lose Weight Quickly and Forever A, C

Michael Kirk, DC, Chiropractor, Owner, Performance Health & Chiropractic, 856.727.8300, drkirk@performancehealthandchiro.com

During this interactive workshop you will learn 7 of the most powerful and effective strategies for losing weight quickly and keeping it off. Discussion will include why most diets fail and how you can avoid the most common pitfalls to losing weight. Attendees will be actively participating in the creation of your own weight loss plan and are encouraged to bring your most pressing health and wellness questions. The goal of this workshop is for participants to walk away with an easy to implement and effective weight loss strategy that you can start implementing immediately!

Food Day! A Day To Advocate For And To Celebrate Healthy, Accessible And Sustainable Food In Our Country A

Sustainable Cherry Hill's Green Health Task Force, 856.217.2399, kaufmanscsi@comcast.net

A speaker panel will discuss various aspects of food: nutrition, accessibility, and sustainability.

Health

Let's Get Physical!! The Role of Physical Therapy in Women's Health A, B

Sasha Vinokur, Physical Therapist, PT, FIT Rehab, 856.504.3150, shawn@fitrehab.org

Join us as we discuss available physical therapy treatments for Lymphedema, urinary and fecal incontinence, and pelvic pain.

Self-Massage for Arthritic Knee Pain, A, B

Dr. Dorothea Atkins RN., Th.D., Chi Eta Phi Inc. Sorority-Gamma Phi Chapter, 856.354.0008, dmassage1@comcast.net

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 with your hands, on 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.

Herbal Remedies to Strengthen Your Immune System D

Adam Travia, Herbalist, Massage Therapist, Reflexologist, Lourdes Health System/Lourdes Institute of Wholistic Studies, 856.580.6453 marranzinid@lourdesnet.org

Learn to use common herbs for staying well during every season. Herbs and herbal remedies that strengthen the immune system and help children and adults will be discussed.

Is it my Thyroid? A

Parveen K Verma DO FACE, Chief, Section of Endocrinology and Metabolism, Our Lady of Lourdes Medical Center – Camden, 856.234.0645, vermap@lourdesnet.org

This session will provide an overview of hyper, hypo thyroidism and thyroid nodules. We will discuss signs, symptoms and treatment options as well as possible alternative options that are available. The attendee will better understand the complex symptoms that exist in thyroid disease.

Managing Headaches A

Loretta L. Mueller, DO, FACOFP, Director of the Headache Center, Kennedy Health Alliance, 856.566.5302 a.beattie@kennedyhealth.org

Whether you get one bad headache a year, mild headaches daily or anything in between, find out what may be wrong and what you can do to treat them.

Healthy Feet, Healthy You B

Marianne Peacock, DPM, Podiatry, Academy Podiatry Associates, Kennedy Health System, 856.566.5302, a.beattie@kennedyhealth.org

Taking care of your feet is an important part of maintaining good health. Running, high-impact aerobics, wearing high-heeled shoes - these all can take a heavy toll on women's feet. Over time, both shoe and lifestyle choices can lead to bunions, hammertoes, neuromas, heel spurs and Plantar Faciitis. Learn what you can do to prevent or treat these conditions.

Less Stress Equals More Health C

Gary D. Knight, DC, PT Doctor of Chiropractic; Physical Therapist, Concord Wellness Institute 856.910.0495, concordhealthco@gmail.com

This interactive workshop will demonstrate stress relief techniques to help your body to heal naturally, enabling you to become an active partner in improving your overall wellness. Spinal health and nutrition will also be discussed, so that women can better understand the importance of these key underlying mechanisms, which ultimately help us to obtain the greatest health benefits for both body and mind. The most important thing you can do for yourself and your family and your friends is to take good care of the one and only body you have been given. Let's get started together!

Thermography for the Earliest Possible Detection of Breast Disease A

Philip Getson, DO, Vice President of the American Academy of Thermology, 856.596.5834 TDI@comcast.net

Thermography or infra-red imaging has been an available medical test since the mid-1950's and is the ONLY physiologic test for early detection of breast disease. With the rising incidence of breast disorders and the concerns over the high false negative rate of other diagnostic tests, there is clearly a need for the most available information in the earliest time frame. Thermography is a safe, radiation and compression-free breast disease screening tool that allows individuals the opportunity to be proactive in their lives to maximize their breast health.

Advances in Treatment of Low Back Pain B, C

AJ Rastogi, MD, Medical Director, Virtua Pain & Spine, 856.247.7500, arastogi@virtua.org

This presentation explores the typical reasons low back pain occurs and review treatment options available, ranging from conservative care, alternative treatment options, minimally invasive procedures, and new breakthroughs.

Degenerative Conditions of the Spine: Disc Herniations, Sciatica, and Stenosis A

Robert M Greenleaf, MD, Physician/Spine Surgeon,
Reconstructive Orthopedics, 609.267.9400, rgreenleaf@reconstructiveortho.com

This lecture will cover the most common 'degenerative', or wear-and-tear conditions of the spine, including both the cervical and lumbar spine as this is where these conditions typically occur. The talk explains each problem including causes, radiographic imaging, and common symptoms as well as treatment options. The emphasis is on non-operative treatment of these conditions.

Breast Cancer Risks, Myths and Facts B, C

Evelyn Robles-Rodriguez, RN, MSN, APN, Director, Oncology Outreach Programs, Cooper Cancer Institute
856.968.7315, robles-evelyn@cooperhealth.edu

This Interactive workshop provides education about the risks for breast cancer as well as the myths and facts surrounding the disease through games. Join us for a fun educational program, win prizes and improve your knowledge.

Women's Guide To Heart & Vascular Disease A

Audrey Sernyak, MD, FACC, Coronary and Endovascular Interventional Physician Associated Cardiovascular
Consultants/Lourdes, 856.428.4100, mary.whitener@lmanet.com

Heart and vascular disease often go undiagnosed and untreated, especially in women. Most women with heart or vascular disease do not have "classic symptoms", increasing the need for disease awareness and education. We will discuss risk factors as well as clinical presentation of coronary and peripheral vascular disease. Attendees will also be provided with a Vascular Disease Risk Questionnaire to help them identify their risk factors for vascular disease.

A Lifetime of Health B

Donna DiBruno, DO, Assistant Professor, Medicine, Rowan University School of Osteopathic Medicine 856.566.6094,
falchelm@rowan.edu

This lecture address preventive health measures that promote wellness throughout a woman's lifetime.

Train Smart: Do Not Let An Injury Zap Your Workout Routine C

Kathryn Gollotto, DO, Sports Medicine Physician, Orthopedic Reconstruction Specialists, 610.209.5870,
gollotto@hotmail.com

Do not let injury put a damper on your workouts. You will learn real-life strategies to stay on track. Whether you are in high school, a D1 collegiate athlete, a busy working mom, or retired, there are simple solutions to staying healthy and active. You will gain powerful knowledge on why injury occurs at different ages, how your body adapts to injury, what you can do to prevent injury, and what to do if injury does occur.

What Is New in Hip and Knee Replacement C

Gregory Kingenstein, MD, Physician/Surgeon, Reconstructive Orthopedics, 609.267.9400,
jstokes@reconstructiveortho.com

Hip and knee replacement surgery are among the most successful procedures in modern medicine. Despite proven benefits, women continue to experience a delay in treatment for hip and knee arthritis. Studies show that women often report greater pain and disability than men before seeking care. This seminar will provide an update on joint replacement surgery, dispelling popular myths, and separating fact from fiction. There will be special focus on how to avoid surgery, and what to expect if joint replacement becomes the best option for you.

Get Yourself Back to Health as a Cancer Survivor B

Sasha Cyrelson, PT, DPT, Doctor of Physical Therapy, BREAKTHRU Fitness & Physical Therapy 856.346.0526,
scyrelson@gmail.com

You will discover the benefits of physical therapy and exercise as it relates to cancer survivors in various stages of treatment.

Stealing Away Knee ACL Tears A, C

Lance Knaub, DPT, Doctor of Physical Therapy/ Owner, BREAKTHRU Fitness & Physical Therapy 856.396.2250, dranceknaub@breakthrupt.com

"BREAKTHRU's Dr. Lance Knaub will be presenting on ACL injuries - from prevention to intervention as ACL injuries are 8x more common in female athletes than in male. Class will include video examples of elite athlete ACL tears, define what ACL is and its function as well as looking at the causes of ACL injuries and who is at risk, including why women are at greater risk. It will also deal with ACL injury prevention programs and other related issues.

Indoor Air Quality in the Home/Avoiding Hazards B, D

Nancy Wilson, Sr. Environmental Health Specialist/Hazardous Substances, Camden County Department of Health and Human Services, 856.374.6051, nwilson@camdencounty.com.

There are many ways to improve indoor air quality in your home. With houses being so well insulated these days, many common household contaminants such as dust, pollen, mold, and commonly used chemicals become trapped indoors. There are inexpensive and safe ways to reduce the amount of indoor contaminants. Indoor Air Quality Specialists regularly respond to complaints in homes where residents are suffering from allergies or negative reactions to unknowns. This seminar will answer questions on what truly is hazardous in your home and how to improve indoor quality as well as reducing the hazards with minimal cost.

Family

Adoption – Everything you Need to Know About It B

Don Cofsky, President, American Academy of Adoption Attorneys, 856.429.5005, dcc@209law.com

This workshop focuses on ground rules of adoption, particularly in New Jersey: what you can do, what you can't do, what's legal, what's not.

Grieving Moms - Healing and Helping C, D

Ann Coyle, RNC, Virtua Health, 609.502.7552, tacoyle91@aol.com

This presentation covers the discussion of "normal grief" and ways to help ourselves and others and learning the importance of helpful versus hurtful words and actions toward grieving parents. Finding outlets for our own grief and using our experiences to improve the way we treat others.

Coping When a Loved One has Cancer B, C

Patricia Riley, Clinical Consultant, 1 Link 4 Senior Care, Inc., 856.210.2204 solutions@1link4seniorcare.com

A cancer diagnosis can be devastating to both the person who has it and their loved ones. Come share your story and join this group discussion to gain knowledge and skills on how to cope when a loved one is stricken with this disease.

Prescription Drug Abuse: Our National Epidemic with America's Youth A

William J. Lynch, Jr., RPh, Kennedy Health System Pharmacist, Kennedy Health System, 856.566.5302, a.beattie@kennedyhealth.org

This presentation will review drug diversion, methods of diversion, addiction, dependence, tolerance and withdrawal definitions and how it has effected the epidemic proportion of this problem among the youth in America. It will look at how this epidemic is impacting women more than men and discuss commonly abused prescription drugs and slang terms as well as prevention.

Effects of Excessive Screen Time on Child Development B

Fola Adebisi, MTM, Executive Director, Wow! Science Camp, 856.258.9022, advisor@wowsciencecamp.org

According to the Kaiser Family Foundation, kids aged 8-18 now spend, on average, a whopping 7.5 hours in front of a screen (video games, computers, ipads, cell phones) for entertainment each day, 4.5 of which are spent watching television. Over a year, that adds up to 114 full days watching a screen for fun. That is just the time they spend in front of a screen for entertainment. It does not include the time they spend on the computer at school for educational purposes or at home for homework. How is all that screen time affecting their physical health, academic performance, relationship with others, etc? Learn the impact of too much and unregulated screen time on your child's future and explore immediate steps you can take to make a lasting difference.

Five Wishes: Recording What You Want Your Family to Know If You Can't Speak for Yourself A

Kelly Kovaleski, RN, Professional Relations Coordinator/Educator Samaritan Healthcare & Hospice 856.449.4343, Kelly.Kovaleski@SamaritanHealthcareNJ.org

This DVD-and-discussion program addresses the importance of communicating your personal, emotional, spiritual and medical preferences so family and friends will not have to guess your wishes if you become unable to speak for yourself. By discussing, writing down and sharing your wishes, your family will know they are following your blueprint should they have to make hard choices on your behalf. The Five Wishes advance directive is legally valid in New Jersey and most states. Participants receive the easy-to understand Five Wishes booklet to take home and complete at their convenience.

Benefits of Family Mediation B, C

Roseann Vanella, Professional Family Mediator, Advanced Mediation Solutions, 856.669.7172
rv@advancedmediationsolutions.net

Often family matters such as divorce, elder related disputes, child custody issues, and estate settlements end up in ugly fights which play out in court rooms and leave everyone involved emotionally and financially depleted. Family matters do not belong in courtrooms. Family Mediation has been around for over 30 years but is just starting to pick up momentum in mainstream America. Learn how families can deal with many issues through the use of a neutral third party mediator whose main goal is to have family members arrive at agreements that will benefit all and strive to keep families together.

Women and the Affordable Care Act B, C

Nilsa Gutierrez, MD, MPH and Tanya Pagan Raggio-Ashley, MD, MPH, Chief Medical Officer and Senior Medical Officer
US Department of Health and Human Services, Region II, Centers for Medicare & Medicaid Services and the Health Resources Services Administration, 212.616.2248
Nilsa.gutierrez@cms.hhs.gov

Over 900,000 individuals in New Jersey are now eligible to purchase new health insurance options through the Health Insurance Marketplace. This is great news for women who previously did not have access to affordable health insurance. This session will describe the Marketplace, who is eligible for new coverage options, including Medicaid expansion, how they can purchase it, and where enrollment assistance is available in New Jersey. Highlights from other Affordable Care Act programs that directly impact women and their families such as increased funding for community health centers and options made available to women through maternal and child health programs.

Mind, Body, Spirit

The Power of Positive Confrontation A

Barbara Pachter, President, Pachter & Associates, 856.751.6141 bpachter@pachter.com

Learning to confront others is a key element of a woman's well being. Yet, when slighted, taken advantage of, or treated rudely, most women will pretend to ignore the situation, complain to friends or lose their temper. They often miss the most effective strategy of all: confronting positively. During this eye-opening and interactive seminar, participants will have an opportunity to assess their confrontational style and learn a practical step-by-step guide for dealing with difficult situations and difficult people. This seminar is based on the book, "The Power of Positive Confrontation".

Did You Know Those Feelings Are Called Grief? A

Rhona Alterman Newman, LPC, Grief Recovery Specialist, Licensed Professional Counselor

856.424.3606, rhonanewman@yahoo.com

Loss is not just about death or divorce. There are many different kinds of loss like health, income, a disabled child when you were expecting a healthy child or no child at all. Loss has two parts. There is the actual loss, and there is everything you wish were different, better, or more, which is called the unfinished business. The unfinished business can keep you from recovering from the actual loss. It can keep you from being happy. This seminar is designed to help you become aware of your losses and what to do about them.

Tai Chi for Health and Longevity C, D

Ilene Dougherty Tai Chi Instructor, Oriental Healing, 856.857.9494, orientalh@earthlink.net

Tai Chi is an ancient Chinese exercise/martial art consisting of soft, flowing, meditative movements. Combined with qigong warm ups you will experience first hand the benefits of what this "Treasure of China" has to offer your body, mind and spirit.

Update on Local Social Clubs and Senior Centers – Fun, Friendship and Good Times! B

Diana Dubbeling, Owner, Senior Publications East LLC, Today's Senior Magazine, South Jersey Edition 609.868.7019, ddubbeling@comcast.net

This workshop features a panel of representatives from several local senior clubs and centers who can let people know about their meetings, programs and trips – and how inexpensive it is to join and attend. These groups offer a link to peer companionship and socializing that is so important for this population, many of whom are battling depression and loneliness. It is catered to many interests and backgrounds. Attendees will get information on trips and other upcoming special events. We will have some of the entertainment/games showcased to ramp up the fun factor for a lively, informative experience.

Living a Stress/Tensionfree Life C, D

V. Kumar Gupta (Anand Baba), Spiritual Yogi, 856.424.9313, vkgupta@juno.com

Most of us are suffering from STRESS, which leads to TENSION. Constant tension in our lives leads to serious diseases like diabetes, hypertension, High blood pressure, asthma, migraines etc. According to the Surgeon General of the United States and the American Institute of Stress, 75 to 90% of all diseases are caused by STRESS. In this workshop you will learn techniques to alleviate stress related diseases.

Clutter and How to Organize It A, B

Kathleen McCabe, MA, Certified Feng Shui Practitioner, 609.230.7611, KathleenLMcCabe@live.com

Are you finally ready to live a clutter and stress free life? Clutter occupies space beyond physical junk and extends into our emotional life. Learning how to organize your clutter will empower you to purge items that no longer serve you, assist you to identify the reasons why you keep things, identify storage solutions and time saving techniques to declutter and transform your home.

Practical Solutions for a Balanced Life B, C

Dana Covert, MA, Allison Rovner, LCSW, 856.246.3675 htonczyczyn@virtua.org

This presentation, "Practical Solutions for a Balanced Life," which will focus on the importance of practical self care, wellness, and benefits of things that are little or no cost, such as going for daily walks, meditation/prayer, regular "girls" days or nights with friends, eating well and sleeping well, having a mentor/support network of people who are more mature and in a different life stage who can offer wisdom and experience. It will deal with stress relief, health consequences of stress and how it affects the mind, body, spirit and relationships.

Laughter Is the Best Form of Medicine C, D

Ami Feller, Community Relations, 856.298.9591, afeller@thevoorhees.org

Life is too fragile to take seriously all the time. Let's share facts and fun and learn why it is so important to laugh at life's bleeps, bloopers and tribulations! You will learn a lot while having a good time, possibly leading to smiles, giggles and good ole' belly laughter...

Ancient Spices for Healthy Living B, D

Mrs. Madhu Shree Gupta, Indian Cooking Expert / Spice Coach, 856.424.9313 culturesofindia@yahoo.com Eastern culture has been using spices in their foods for hundreds of years. Spices can do a lot more than add pizzazz to your cooking; they can also promote heart health, fight cancer, reduce inflammation and more. Though these spices provide innumerable benefits, they should be used sparingly. Strike the right balance and add some spice to your life.

A Wide-Ranging Solution for Life's Messes A, C

Barbara Berman and Bev Borton, Barbara - Founder and Owner of BB's Clutter Solutions; Bev Borton - Certified Professional Life Coach Barbara - National Association of Professional Organizers (NAPO) and Institute for Challenging Disorganization (ICD); Bev - Institute for Professional Excellence in Coaching (IPEC) 856.912.0077, info@bb-clutter-solutions.com

Are you ready for the relief of discomfort, obligation and chaos of all kinds? There is a surprisingly simple framework for handling situations that are physically and emotionally overwhelming. With real life examples, there are four steps to follow to gain control of a situation and feel better. This method works for a range of circumstances, from organizing a cluttered room to handling emergencies. In order to experience the practicality of their method, Participants are invite to identify a situation of their own and guide them in using the four steps toward a positive solution.

Hypnosis "Quick Cure" for Stress Relief B

Audrey Sussman, PhD, LCSW, NBCCH & Tish Schuman, LPC, CMH, NCC
HypnotherapistsAnxiety Control Center 856.751.9446, askdraudrey@gmail.com

Start on the path to reducing stress and getting rid of emotions that have been weighing you down. This interactive workshop is paced to give you information in a quick, relaxed manner. Learn about state of the art techniques from Nue NLP and Hypnosis to understand the unlimited potential that we carry within us. Hypnotists from the Anxiety Control Center will guide you through some fun, mind-expanding exercises taken from their books ""Power of Thought: Untold Secrets of the Unconscious Mind"" and ""Stress Relief in 10 Minutes or Less.""

Developing a Personal Vision for Your Life C, D

Pamela Bolden- Carter, MSCC, President and Founder of Women of Character, 856.524.2917
pbc.woc@verizon.net. Developing a Personal Vision for Your Life" is an interactive Power Point presentation. A vision can help people to become more focused and find their passions. Some of the topics that will be covered are preparation, focus, purpose, and goals that are needed to help develop a vision. From losing weight to finding a job, a personal vision can tremendously help a person to become more self-motivated. Those who attend this workshop will have the opportunity to prepare some short term goals for their visions and share them with the class.

When Is It My Time to Have Some Fun? A, B

Bonnie Joffe, Founder/President 50andbeyond.com, 856.625.3922, bonniejoffe@gmail.com

How do women Baby Boomers manage their time? Are you a caregiver, hold a job AND have a partner, children and/or pets to care for? When is your down time? Our maternal instincts tend to have us put everything and everyone else first. Then, if we have time, we do for ourselves. Join our mini workshop as we show you how to navigate this often challenging phase of your life, so you, too, can find the time to enjoy your life with your significant other, friends and family.

You Have Decided to Organize Your Home or Office - Now What? B

Rie Brosco, Professional Organizer, RieOrganize!, 215.435.5609, Rie@RieOrganize.com

If you think that it is time to organize your home or office, this workshop is for you. During this session, you will learn how to control clutter by using the RieOrganize! method:

Rieduce the clutter in your home, Rieuse and repurpose items that you already own in new and exciting ways, Riecycle items no longer wanted or used.

Using the RieOrganize! method, you will learn how you can restore balance and order in your life and help you to rediscover a life filled with renewed energy and relaxation.

From Chaos to Calm D

Lu Hanessian, Author, National Television Anchor, Parent Educator, Founder of WYSH, 856.857.4356,
info@wearyourspirit.com

Our present lives are full of stress. And stress drains joy. It can feel nearly impossible to find balance or enjoy life when we are struggling with chaos, conflict and emotional turmoil. How can we, as women, mothers, wives, professionals, and friends, "turn chaos to calm"...and anchor ourselves from within so that the storms of life and in relationships do not deplete us, hurt our health, and negatively change who we are? You will learn a few amazing facts about our brains, minds and bodies and feel empowered to cultivate joy, connection and a peaceful heart to restore and preserve yourself--and thrive.

Is Your Heart Broken? A

Rhona Alterman Newman, MA, LPC, Grief Recovery Specialist, 856.424.3606
rhonanewman@yahoo.com

People are taught how to acquire things, not how to lose them. After a loss, people can be adversely effected for years. It not only makes them unhappy, cuts productivity and enjoyment of life, but it also makes people unwilling to take emotional chances in other relationships because they do not know how to take care of themselves emotionally when they lose somebody or something. This session is designed to help people understand loss and grief so they can begin the process of recovering from their losses, not just death or divorce, but all of the other kinds of losses.

A Guided Meditation to Balance Your Body, Mind & Spirit A, B

Brenda Sorrentino, MA, RN, MHT, Founder, CEO, Transformative Healing & Hypnotherapy,
609.458.9203, THH11@comcast.net

Come to this relaxing meditation designed to help you release negativity and replace it with Light and Love. Aromatherapy and the guided meditation will help you to relax, clear your chakras, release negative emotions, increase your energy, heighten your intuition, find healing solutions, obtain spiritual guidance; and balance your body, mind and spirit.

The Healing Power of Music Therapy C, D

Colleen Brigid Fitzpatrick, MSW, LCSW, Music and Memory Therapy Consultant, 1 Link 4 Senior Care, Inc., 856.210.2204,
solutions@1link4seniorcare.com

Music has been utilized for thousands of years for a variety of purposes beyond just entertainment. Science has now discovered how effective music can be to support the treatment of both physical and medical conditions and an ideal modality for stress management. Join us for this informative and musically fun-filled session and feel the difference!

Healthy, Stress-free Entertaining: Tips from a Personal Chef B

Fran Davis, Personal Chef, The Flavorful Fork Personal Chef Service, 609.304.5295,
cheffran@flavorfulfork.com

Does the thought of hosting a party at your house leave you frazzled? Do you serve the same chips and dip at every event? Come learn some tips and tricks for stress-free entertaining from a personal chef who will share some healthy appetizer samples.

Reiki, the Art of Healing Touch A, B

Maryann Marian Reiki Master/Teacher, 609.859.2866, mmarian7@msn.com

Experience the gentle healing energy of Reiki while learning about this ancient art. Reiki attunes the energy flow within the body and allows for one's natural healing process to occur. Reiki can be used to relieve stress, boost the immune system and promote inner peace. Reiki is becoming widely accepted in hospitals as complementary care.

Personal Safety - Awareness & Response D

Kathy Crane, Sensei, Aikido Agatsu Dojos, 856.435.2667, kcrane.aikido@gmail.com

In this lecture/presentation, participants will learn basic concepts to prevent becoming a victim. Along with fundamental awareness and response skills, effective self-defense techniques will be shown which can be applied in the event of a

potential threat. Based on the techniques of Traditional Aikido that teach redirection and control, participants will learn effective response techniques of self-defense. This workshop will teach you to make right choices, develop awareness and be safe! Participants should dress comfortably and look forward to gaining valuable insights from a skilled presenter. 'Personal Safety Tips' handouts are provided.

Finding Balance in our Busy Lives B

Karen Kemmerer, Clinical Nursing Supervisor, Virtua Home Care, 856.581.7206, kkemmerer@virtua.org

Our generation is busier and has faced more changes than ever before. Women are balancing family life obligations, personal goals and aspirations while managing demanding careers. How do we do it all and still take care of ourselves? Often the last person thought of is ourselves. We will discuss managing our relationships and how we connect with others while caring for ourselves.

Slackers and Snitches – How Do I Cope with Workplace Insanity!? B

Vicki Handfield, PsyD, Owner – Business Behavior Modification, 856.386.5941, vhandfield@gmail.com

How long have you been totally frustrated with working side-by-side with slackers and snitches? Have you attempted to tell management the truth and found that you are not believed? Have you talked with your co-workers, discovered that many of them feel the same way but won't talk with management about the problems? Has your work environment been totally corroded by the presence of these very immature folks? Do you dread going to work? Is there really any solution to these problems? These people cannot be vaporized, but you can change your responses, your coping mechanisms and your communications - yourself!

Wake Up and Follow Your Dream! B

Tobi Schwartz-Cassell Founder & Editor-In-Chief, Girlfriendz Magazine, 856.751.2997, tobi@girlfriendzmag.com

This workshop will get you thinking about what your true passion is. We all need to renew our enthusiasm! We will work together to help you decide what you really like to do with your career, hobby or sideline and figure out how you can act on your newfound passion. Interactive exercises will reveal some surprising results!

Everyday Techniques for Living a Well-Balanced Life: A Panel Discussion C

Tobi Schwartz-Cassell Founder & Editor-in-Chief, Girlfriendz Magazine, 856.751.2997, tobi@girlfriendzmag.com

We all strive for a well-balanced diet, but many of us are also in need of a well-balanced life. We rely on the famous Food Pyramid for help with our menus, and we'll rely on our expert panel members to provide tips that we can use every day to help balance our hectic schedules.

Empowering the So-Called "Weaker Sex" to Defend Themselves C, D

Dan Allebach, Master, 856.424.7070, cherryhillmartialarts@comcast.net

This hands-on workshop demonstrates scenarios that women might find themselves in and show them how to defend themselves. Whether it is simply being grabbed by the hand or being choked by someone, there are techniques that can be used to escape the attack or situation. The workshop is taught with a safe, no-hurt environment in mind. The objective is to empower the women with confidence that if something were to happen they would be able to defend themselves and escape.

Acupuncture For Pain Relief And Psychological Distress A, C

Lynne Omenson, L.Ac. Tao Integrative Medicine 856.802.6888, lynneomenson@comcast.net Acupuncture for pain management is beneficial for long term relief from injuries such as migraine and tension headaches, chronic neck and low back pain, soft-tissue injuries of the peripheral joints, osteoarthritis, tennis elbow, and carpal tunnel syndrome. These injuries may occur due to a motor vehicle accident, sports injury, or from an everyday activity. Most patients with chronic pain also have some degree of psychological disturbance such as anxiety, depression or trouble coping which can contribute to the pain. Acupuncture can treat both physical and emotional issues simultaneously by preventing long term damage and encouraging lasting results.

Progressive Relaxation for Stress Relief A, B

Patricia Bicknell, EdD, APRN, ACNS-BC CNL, Clinical Consultant, 1 Link 4 Senior Care, Inc. 856.210.2204 solutions@1link4seniorcare.com

Progressive relaxation is a technique that can be used to combat the stress of everyday life. Come join the class and have some fun while learning a useful tool that can be done practically anywhere.

Yoga- The Ultimate Joy A

Veena S. Gandhi MD, Doctor, 856.428.2522, gandhiom1943@yahoo.com

In life, everyone wants to be happy, but how? The science of yoga offers these techniques. In this seminar, philosophy of yoga, simple but effective postures and yogic breathing techniques will be taught. Come with an empty stomach for 2 hours, wear loose clothing and bring a yoga mat.

Professional and Financial Wellness

Balancing Legal Health for Women C, D

Lynda Hinkle, Esquire, 856.227.7888, hinklelaw@lyndahinkle.com

With so much going on in every woman's life, any challenge or difficulty can throw off the balance she works hard to maintain. Legal challenges are an example of something that can completely derail life. By putting some important protections in place early on, women can avoid some of the challenges that may come. We will cover Basic Estate Planning Documents to protect yourself, how to help elderly parents put strategies in place for their protection, Deal with special needs family members, and how to tell if you need a lawyer for family disputes to protect your assets, children and yourself in court.

Mortgage Financing and Readiness A, C

Cheryl McCauley, Community Reinvestment Mortgage Banker, Susquehanna Bank, 856.756.3504 cheryl.mccauley@susquehanna.net

The Mortgage Financing and Readiness Workshop™ will provide an overview of the different types of Mortgage products, credit and income requirements and what to expect during the mortgage application process. The sessions will conclude with approximately 30 minutes of Q and A.

The Agony and the Ecstasy of Business Development and Networking A

Sheri Desaretz, President, Looking Forward Coaching, 856.261.7650, sdesaretz@lookingforwardcoaching.com

When you own a business or work as a professional, you are good at doing what you do, but when it comes to "selling" your services/product, that's another story! And the belief that "If you build it, they will come"? Would that it were true!!! The reality - most business owners/professionals do not know where to begin, let alone how to do it right! The goal is at the end of this presentation, you will know what to do, where to do it, how to do it, and you might even LIKE it! At the very least, you'll learn how to grow your business!

Get On The Brand Wagon - Modernize Your Job Search For The 21st Century A

Beverly A. Jackson, "The Biz Whiz" - Media & Public Relations Consultant, 856.504.6656 bjackson@thebizwhiz.com

This is a personal branding workshop especially for professional job seekers. Are you overwhelmed, frustrated and discouraged by long and unsuccessful job searches? Outdated strategies are probably what's stalling your search. In today's overcrowded professional job market, new methods are needed to "Stand Out From The Crowd." A Media & Public Relations Consultant known as "The Biz Whiz" shares a "wealth of whizdom" in a powerful visual presentation showcasing FREE and inexpensive online tools and resources that can be used to promote the personal brand called "YOU!" Participants will also receive the "Handy Guide of Online Tools and Resources."

Balancing Business and Life B, C

Carmela DeNicola, President and Founder, FYI Business Consulting & Outsource Services, 856.701.0173 carmela@fyibusinessconsulting.com

So many women are caught in the "Sandwich Generation" caring for children, parents and navigating stressful careers. In this workshop, you will be provided personal insights and well sought after advice on how to balance your business and life. You will learn many of these skills personally developed while working for a major corporation and while running her successful business. Whether you work in our out of the home, you will find this workshop extremely helpful and uplifting. After all, what good is work if we do not have time to enjoy the fruits of our labor?

Managing Money: Moving From Apprehension to Comprehension D

William Greenfield, Registered Investment Advisor, Wealth Bridge Advisory Services, LLC 856.795.8134, bill@WealthBridgeAdvisory.com

When it comes to understanding money matters...and especially investing...women have historically taken a less than enthusiastic role in the process. In today's modern society, they can no longer take such a stance. In this workshop, attendees - who are willing to accept responsibility - will learn how to take control of the process and learn an investment philosophy that will take the stress of the unknown out of the equation. It is for the novice who does not believe that she can be a successful investor and is ready and willing to be "coach-able."

Women and Finance: Creating Financial Independence A

Denise Davis, Financial Service Professional, New York Life, 856.787.4710 ddavis3@ft.newyorklife.com.

This informational and insurance seminar covers a subject matter that is on the minds of many women: the importance of building a financial foundation. During this informative event, you will be provided information to understand the current financial situation and future financial needs and to empower women to make informed financial decisions. All attendees will receive a complimentary workbook which mirrors the presentation and will reinforce what they've learned during the seminar.

Important Legal Documents: What Women Need to Know! A, B

The Honorable Patricia Egan Jones, Camden County Surrogate, Camden County, 856.225.7282 patjones@camdencounty.com

This workshop focuses on the important legal documents that everyone should have - especially widows and single Moms - a 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 statutory and assigned functions of the Camden County Surrogate's Court, including probate, guardianship of minors and incapacitated adults and adoptions.

Money Management and Budgeting B, C

Beneficial Bank 609.589.1331, jross@thebeneficial.com

This money management and budgeting workshop goes through the fundamentals of having a budget, paying yourself first and the different life stages along with the financial checkups that go with each stage of life. Discussion will center on goal setting and reaching for every life stage, whether you are buying a house, getting your first credit card, going to college, having a baby or retiring. This workshop allows time for questions and discussion. It can be geared towards the specific audience attending or can touch all life stages.