

Session Name and Presenter	Description	Room	Sessions
SESSION A			
<p>** Keynote Speaker</p> <p>Shannon Watts Founder, Moms Demand Action for Gun Sense in America</p>	<p>Shannon Watts is a mother of five who, prior to founding Moms Demand Action, was a stay-at-home mom and former communications executive. The day after the Sandy Hook tragedy, Shannon started a Facebook group with the message that all Americans can and should do more to reduce gun violence. The online conversation turned into grassroots movement of Americans fighting for public safety measures that protect people from gun violence. Moms Demand Action has established a chapter in every state of the country and is part of Everytown for Gun Safety, the largest gun violence prevention organization in the country, with more than 5 million supporters. In addition to her work with Moms Demand Action, Watts is an active board member of Emerge America, one of the nation's leading organizations for recruiting and training women to run for office</p>		A
<p><u>Medicare and You</u> Perry Jones II, Financial Advisor, Bankers Life, Pamela Mezis, Insurance Agent, Colonial Penn and Bankers Life Securities Inc.</p>	<p>The session will cover the basics of how Medicare works. Questions like, when Medicare must be taken, what it covers, what it does not, and what options are available, will be answered.</p>	TBD	A, B, D
<p><u>Everything You Want to Know About Health Insurance, Medical Bills, and Your Medications, But Were Afraid to Ask</u> - Ellen Magenheim, President, Jim Cucinotta, We Care Advocates</p>	<p>Healthcare is confusing. This engaging session will provide information on how to understand your health insurance, your medical bills, and your medications. We will explain how to read an Explanation of Benefits and a Medical Bill with helpful hints to spot errors. We will also discuss safe ways to administer your medications and how to recognize side effects and adverse reactions.</p>	TBD	A, B, C
<p><u>Women and Finance: Creating Financial Independence</u> Denise Davis, Frank Memmo, Financial Services Professionals, Davis and Memmo Financial Group</p>	<p>During this informative event, we will provide you with information to understand your current financial situation and future financial needs and empower you to make informed financial decisions. All attendees will receive a complimentary workbook to reinforce what you have learned.</p>	TBD	A, B, C
<p><u>Financial Health Checklist</u> Vaugh Coleman, Financial Planner, Mutual of Omaha and Allianz Life</p>	<p>This session will help participants better understand the difference between the three main types of life insurance (whole, universal and term), how to use tax shelters to reduce taxation, what disability insurance and long-term care insurance cover, information on IRAs, Roth IRAs and annuities, systems to encourage budgeting and debt reduction and how to better manage finances to lessen stress.</p>	TBD	A, B

<p><u>Understanding Alzheimer's and Dementia</u> Ellen Magenheim and Jim Cuciotta, Alzheimer's Association, Community Educators</p>	<p>Over 5.7 million Americans are living with Alzheimer's, the leading cause of dementia and the 6th leading cause of death in the United States. While age is a major risk factor, Alzheimer's is not a normal part of aging. It is a disease of the brain which causes changes in memory, thinking and behavior. Join us to learn about: The impact of Alzheimer's; The difference between Alzheimer's and dementia; Alzheimer's disease stages and risk factors; Current research and treatments available to address some symptoms and Alzheimer's Association resources.</p>	TBD	A
SESSION B			
<p><u>**Featured Activity</u> Yoga - All levels, Instructor Amanda Salvadori, CorePower Yoga</p>	<p>Get your mind & body in shape with this all levels vinyasa flow yoga class, brought to you by CorePower Yoga of Cherry Hill.</p>		B & C
<p><u>Medicare 101</u> Alan Stein, Principal & Managing General Agent, Integrity Senior Benefits, LLC</p>	<p>Medicare 101 is an educational only workshop - No Sales. Structured to be both compliant and understandable of the complexities of the Medicare Market. We make it simple for both beneficiaries and caregivers alike. Explanation about the many options open will provide attendees with tools to make informed decisions to meet their health and financial needs.</p>	TBD	B, D
<p><u>Five Wishes</u> Christine Corti, Digital Communications Mgr., Samaritan Healthcare & Hospice</p>	<p>This DVD-and-discussion program addresses your personal, emotional, spiritual and medical wishes. By discussing, writing down and sharing your wishes, your family will have a blueprint to follow should they have to make difficult choices on your behalf. The Five Wishes living will is valid in most states, including New Jersey. Participants will bring home an easy-to understand booklet to complete at their leisure.</p>	TBD	B, C
<p><u>Understanding Social Security for a Stress-Free Retirement</u> William Greenfield, Financial Advisor</p>	<p>Knowing if you have enough for your retirement can be very stressful. Social Security can help, but do you understand how to utilize your life-long benefits? This workshop will concentrate on claiming strategies, spousal benefits, divorce benefits, and survivor benefits. Your financial health in retirement should start with understanding Social Security.</p>	TBD	B
<p><u>Self-Massage for Chronic Knee Pain Relief</u> Dr. Dorothea Atkins, ThD, RN, LMT, Holos Touch LLC</p>	<p>If you have chronic knee pain or arthritis of the knee, this researched-based self-help technique is for you. It is easy to learn, safe and effective. During the practice session, this self-massage technique will be narrated and demonstrated. The technique will be applied with your hands to the quadriceps muscle while seated in a chair. Participants will also apply other techniques to enhance mobility.</p>	TBD	B, C

<p><u>Promoting a Healthy Pregnancy</u> Elizabeth Baldwin, MSN, RNC-EFM, MNN, Perinatal Nurse Educator, Lourdes Health System</p>	<p>This session will review risk factors for obesity, diabetes and hypertension, which can cause several pregnancy complications. This workshop will raise your awareness on how to lower your risk. Learn information about the importance of prenatal visits, post-delivery follow-up and breastfeeding through engaging discussion.</p>	<p>TBD</p>	<p>B</p>
<p><u>Women's "Ten Most Wanted" List</u> Sheri Desaretz, President, Looking Forward Coaching</p>	<p>We will explore the “Women’s Ten Most Wanted List” – the necessary things that empower us to live our lives by our own design, not by default! We all want more: self-confidence, work-life balance, time, ability to say “No”, and self-care. We too, all want less: stress, fear, self-sabotage, financial chaos and uncertainty, and failure to communicate. Are you ready to choose a life that fits who you are? Join us, and we will make it happen!</p>	<p>TBD</p>	<p>B</p>
<p><u>Developing Your Personal Life Vision</u> Pamela Carter, MSCC, Women Of Character</p>	<p>This workshop is about Developing Your Personal Vision. We need a “Personal Vision” to know where we are going in life. Some of the topics that will be discussed are goals, plans, and purpose of vision for your life.</p>	<p>TBD</p>	<p>B</p>
<p><u>Women Rock Their Finances - 5 Steps on the Path to Financial Wellness</u> Linda Lane, Financial Planner, Prudential</p>	<p>This session is designed to educate on how to have a process to help achieve financial wellness and inspire women to have a clear plan on how to do so.</p>	<p>TBD</p>	<p>B, C</p>
<p><u>So You Are Thinking of Going Gluten Free?</u> Glen Gruby, LAc, Functional Health & Acupuncture Institute</p>	<p>In this workshop we will discuss the old vs. new definitions of gluten. We will cover various testing methods for evaluating gluten sensitivity. Guidance will be given on how to eat gluten free at home and away from home, and how to identify hidden sources of gluten.</p>	<p>TBD</p>	<p>B</p>
<p><u>Human Trafficking is in YOUR Neighborhood</u> Denise Poole, Heart to Heart Services</p>	<p>What is human trafficking? Why is it important for me to know about it? Isn't it only in third-world countries or only in urban areas? Doesn't this only affect children of color or those in impoverished areas? I have good children, popular children, they get good grades, we live by our faith, why would this pertain to me? If this is your thought about this topic then you need to be present to hear the truth about how you are affected either directly or indirectly. Come to this session to learn how you can save a life.</p>	<p>TBD</p>	<p>B, D</p>
<p><u>Spices - Nature's Wellness Secret</u> Madhu Gupta, President</p>	<p>Spices deliciously provide a variety of health benefits – from boosting immunity to controlling blood sugar. So, whether you are looking to spice up your food, boosting immunity or just creating a culinary masterpiece, come and experience the adventure of why perking up your favorite dish can satisfy more than just your palate.</p>	<p>TBD</p>	<p>B</p>

<p><u>Management of Common Hand Problems</u> Dr. Brian George, MD Reconstructive Orthopedics</p>	<p>This session will teach you how to manage the most common hand problems.</p>	<p>TBD</p>	<p>B</p>
<p><u>Joined At The Hip: Common Causes of Hip Pain and What We Can Do About It</u> Robert Greenleaf, MD Reconstructive Orthopedics, PA</p>	<p>This session will provide you with information about the common causes of hip pain which is often coming from the spine.</p>	<p>TBD</p>	<p>B</p>
<p><u>Cure4Camden: Violence as a Health Issue</u> Maria Hernandez, Outreach Worker, Center for Family Services</p>	<p>Members of Center For Family Services' Cure4Camden Team, a violence intervention program replicating the Cure Violence Model started in Chicago in 2000, will explore ways to reduce street violence by adopting a three-pronged public health approach that involves: 1) Detection and Interruption of Potentially lethal events; 2) Behavior change among high-risk people and groups; and 3) Changing Community Norms. Participants in this training will learn to recognize the nature and root cause of violence; recognize the consequences to violence, explore ways to resolve conflicts peacefully, and identify how to take a personal stance against violence.</p>	<p>TBD</p>	<p>B, C</p>
<p><u>"The Conversation of Your Life"</u> Michelle Gentek-Mayer, Surrogate of Camden County Cheryl Austin, Deputy Surrogate of Camden County</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 functions of the Surrogate's Court including probate and estate planning.</p>	<p>TBD</p>	<p>B</p>
<p><u>Advancements in the Diagnostic and Treatment Modalities for Breast Cancer</u> Kathryn Yoon-Flannery, DO, MPH FACOS, Medical Director, Comprehensive Breast Center, Jefferson Health New Jersey</p>	<p>A breast cancer expert will be discussing the recent advancements in the field of breast cancer screening and treatment. She will be providing an overview of breast imaging modalities including mammography, MRI and breast ultrasound and will be discussing different surgical options for the treatment of breast cancer.</p>	<p>TBD</p>	<p>B</p>
<p><u>Spring Cleaning Your Finances - A Wellness Check</u> Odette Miller, Financial Coach Financial Remedy & Assoc., LLC</p>	<p>This workshop is designed as an examination of your Financial Health. Just as we schedule an annual physical, we should also schedule a financial physical so that we maintain a strong financial foundation in which to build a healthy and wealthy financial structure. This is a generic workshop, so NO PERSONAL information is needed. You will take what you have learned and apply it to your situation such as; Understanding your current situation; Develop a plan of action to stop living paycheck-to-paycheck; Set financial GOALS; Increase saving and plan for unforeseen circumstances; Decrease Debt; plus, much more.</p>	<p>TBD</p>	<p>B, C, D</p>

<p><u>The New Generation of Tobacco Addiction – Vaping</u> Cathy Butler-Witt, Tobacco Free for a Healthy NJ - The Southern NJ Perinatal Cooperative</p>	<p>The New Generation of Tobacco Addiction - This workshop provides factual information to professionals and parents on e-cigarettes and a brief introduction to hookah as both products continue to gain more popularity in youth and young adults. The presentation will include resources and materials for distribution.</p>	<p>TBD</p>	<p>B</p>
<p><u>How Sleep Effects Your Overall Health and Well-Being</u> John Keeley, Clinical Education Specialist, Inspira Health</p>	<p>Discover the surprising truth about how sleep disorders can affect your overall health. This workshop will provide tips on how to improve your sleep and overcome sleep disorders to improve your overall health and well-being.</p>	<p>TBD</p>	<p>B</p>
<p><u>What’s Your Gut Feeling? Digestive Health for Women</u> Apeksha Shah, MD</p>	<p>Learn how to improve your digestive health and feel your best. The Cooper gastroenterologist will discuss common digestive health concerns for women such as, heartburn, bloating, constipation, lactose intolerance and more!</p>	<p>TBD</p>	<p>B</p>
<h2>SESSION C</h2>			
<p><u>**Featured Activity</u> Beginners Bootcamp, Instructor Dana Iaculla</p>	<p>This beginners Bootcamp workout class will include cardio and resistance circuits to build strength and endurance. Dana is an A.C.E. certified personal trainer and group fitness instructor. Proficient in all modalities of fitness ranging from high intensity cardio, strength training, mind/body, and balance and flexibility.</p>		
<p><u>**Featured Activity</u> Yoga - All levels, Instructor Maggie Santella, CorePower Yoga</p>	<p>Get your mind & body in shape with this all levels vinyasa flow yoga class, brought to you by CorePower Yoga of Cherry Hill.</p>		<p>B & C</p>
<p><u>Israeli Krav Maga: Self-Defense for Women</u> Kathryn Badger, Instructor, Israeli Krav Maga Cherry Hill</p>	<p>The Israeli Krav Maga workshop provides an overview of practical and effective self-defense techniques. Krav Maga is an instinctive, reactive and 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><u>Stress and How It Affects Weight Loss</u> Robyn Cade, President and CEO</p>	<p>Exercise is a good stress reliever, but how often should you exercise? What type of exercise is best? How intense should you be exercising? This workshop will help you to understand the relationship between stress management and weight loss. You will walk away with suitable exercises to cope with chronic stress.</p>	<p>TBD</p>	<p>C, D</p>
<p><u>Healthy Snacks</u> Kathy Quinn, Owner, With You in Wellness</p>	<p>What can I grab when I want a snack? What if I have no time? Be prepared with healthy snacks that you can stash and grab at your fingertips. Highly nutritional snacks and super foods can be convenient and easily available for your eating pleasure. Learn about the four main categories of snack cravings and healthy options for each.</p>	<p>TBD</p>	<p>C</p>

<p><u>So You Want to Start Your Own Business</u> Sheri Desaretz, President, Looking Forward Coaching</p>	<p>So You Want to Start Your Own Business? Have you always dreamed of owning your own business – turning something you love into a profit-making venture? If your answer is "Yes!", my guess is that you have a million questions: How much money do I need? What about legal stuff? What insurances are required? How do I manage the finances? And more. Join this workshop as we consider the pros, the cons, and ultimately, the amazing rewards of working for yourself!</p>	<p>TBD</p>	<p>C</p>
<p><u>"I Am Not Every Woman"- Managing Stress and Anxiety</u> Pamela Carter, MSCC, Women Of Character</p>	<p>This workshop is about how stress and anxiety effect our daily lives. Learn to say NO and express your true feelings. Learn what triggers stress and anxiety. Specifically, women will learn ways to deal with daily stress and anxiety.</p>	<p>TBD</p>	<p>C</p>
<p><u>I Am Not Losing Weight!</u> Asa Cansler, H.P.E., A.S., ACE Certified Personal Trainer, Nutritionist, HOPE Fit Club</p>	<p>This session will dispel myths about current fad diets, weight loss struggles and healthy living. Are you confused as to whether or not to try keto or other new diets to aid in your weight loss goals? If so, this session has the answers for you. This presentation will also discuss the importance of exercise combined with a healthy diet.</p>	<p>TBD</p>	<p>C</p>
<p><u>The Confident Woman</u> June Grushka-Rosen, M.Ed. Founder/CEO ExtraordinaryYou LLC</p>	<p>The Confident Woman – EMPOWER yourself to MANIFEST your dreams into reality. Are you seeking to achieve the FREEDOM and WISDOM to boldly EMBRACE the next chapter in work/life? Do not miss this exciting workshop. These proven leadership skills work! Join the “League of Extraordinary Women” in a skill-based workshop to power up your biz or life leadership skills. This workshop provides the 5 Key Pillars specifically designed for women who are ready to finally achieve the success they deserve.</p>	<p>TBD</p>	<p>C, D</p>
<p><u>Parenting for Grandparents Due to Substance Use Disorder</u> Heather Thomas, Program Coordinator, Center for Family Services for ReConnections Family Support Center</p>	<p>This session will discuss the difficulties that come when you are left to care for your grandchildren due to a loved one's substance use disorder. Learn ways to communicate with your loved one, tools to teach your grandchild what is happening, and ways to take care of yourself.</p>	<p>TBD</p>	<p>C, D</p>
<p><u>Be SMART: A Conversation About Kids, Guns, and Safety</u> Erica Romanos, Be SMART Group Lead - South Jersey Chapter, Moms Demand Action for Gun Sense in America - South Jersey Chapter</p>	<p>Each year in the United States, nearly 260 children under the age of 18 gain access to a firearm and unintentionally shoot themselves or someone else. Moms Demand Action for Gun Sense in America launched the Be SMART campaign to advocate for responsible gun ownership and reduce child gun deaths. This workshop presentation will encourage parents and caretakers — gun owners and non-gun owners alike — to “Be SMART” and take five simple steps to help prevent shootings by children.</p>	<p>TBD</p>	<p>C, D</p>

<p><u>Gun Violence in America</u> Sharon Cromwell, City Gun Violence Prevention Manager, Jacqui Pitt, Court Monitoring Manager, Everytown for Gun Safety</p>	<p>Every day, one hundred Americans are killed with guns and hundreds more are shot and injured. We will explore the trends in gun violence in America by looking at one day of gun violence to understand the various intents and manifestations. We will follow this by an overview of solutions, which includes limiting access to and supply of firearms for people who are a risk to themselves or others, establishing long-term prevention and immediate violence intervention strategies, and investing in robust victim services and re-entry programs.</p>	TBD	C
<p><u>How Fire Changed my Life: Finding and Cultivating Resilience</u> Lise Deguire. PhD, Clinical Psychologist, Private Practice</p>	<p>As a childhood burn survivor, a family suicide survivor and a clinical psychologist, Dr. Deguire has learned that no matter the level of devastation, there is always hope for recovery, and the opportunity to improve our resilience. In this talk, she will share how she forged a path to joy, love and life satisfaction, and offer ideas on how we all can grow our capacity to bounce back from life's hardships.</p>	TBD	C
<p><u>Love Thyself First</u> Danielle Pascale, Licensed Clinical Social Worker, Law of Attraction Life Coach, Living Through Creativity</p>	<p>Everything comes from self-love! A bold statement but true. Self-love is a must and connected to each and everything we think, do, and feel in and about life. If you feel stuck and not able to make your dreams come true or feel anxious, depressed, or irritable you most likely are lacking in this fundamental aspect of your inner being. Join me to explore self-love, how it affects our lives as a whole, and tips to improve it. At the conclusion of this workshop participants will be able to: -Define self-love - Learn the difference between lack and abundance -Recognize how self-love or lack thereof shows up in our lives -Apply the tips provided to expand self-love.</p>	TBD	C, D
SESSION D			
<p><u>**Featured Activity</u> Zumba Fitness, Instructor Dana Iaculla</p>	<p>Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo with squats and lunges.</p>	TBD	D
<p><u>Combat Diabetes - with Nutrition and Lifestyle</u> Kathy Quinn, Owner, With You in Wellness</p>	<p>Learn easy nutritional lifestyle tips to combat diabetes. Participants will gain an understanding of the biological response to sugar in the body and how to manage and reverse Type II diabetes with nutrition and a healthy lifestyle.</p>	TBD	D
<p><u>Bollywood Funk</u> Arati Gupta, Dance Choreographer, Performer & Instructor</p>	<p>A choreographed Dance with Jazz, Hip Hop and Funk fused with the hottest Bollywood beats. Be prepared to smile, sweat and sizzle - and get pumped to show your friends your new moves. Join us for a beautiful journey and dance away.</p>	TBD	D