

## 2011 Women's Health Conference Workshops

Nutrition & Exercise  
Family Health  
Health  
Additional Workshops

Mind, Body & Spirit  
Self-Improvement  
Personal & Financial Safety

### Nutrition & Exercise

#### 1. **Bollywood Dance**

Aarti Gupta, [aartigupta1@juno.com](mailto:aartigupta1@juno.com) 856.424.9313

Bollywood dance, like yoga in motion, offers an exhilarating and exciting way to get fit, increase flexibility, and get a great cardio workout while having fun. Bollywood dancing is highly expressive and blends Indian classical dance steps with contemporary, freestyle, hip-hop, fusion and belly dancing.

Session: **CLASS CLOSED**

#### 2. **Beyond The Salt Shaker: Other Surprising Sources Of Salt**

Heather Sylvester, MA, RD, LDN Nutrition Education Specialist, Kennedy Health System, 856.566.5302, [abeattie@kennedyhealth.org](mailto:abeattie@kennedyhealth.org)

Skipping the salt shaker? Good! But that does not mean that your meals are low in sodium. Most Americans consume two or three times more than they need, which can lead to high blood pressure, stroke and kidney disease. While only 6% of the sodium we eat comes from the salt shaker, most of our sodium comes from processed foods and restaurant meals. Learn the danger foods along with how to make better substitutions to lower the amount of sodium you eat. Reading food labels, cooking without salt, and eating out sensibly will be discussed.

Session: A

#### 3. **Good, Better, Best: Simple Ways to Improve Your Nutrition, Health and Life**

Mitch Plotnick, Certified Holistic Health Counselor, 856-662-1001, [mitch@mitchplotnick.com](mailto:mitch@mitchplotnick.com)

"Good, Better, Best" is a model for living a life filled with greater health. This interactive workshop focuses on parts of your life that determine your health, such as food choices, weight management, exercise, spirituality, and dealing with stress. Learn about simple suggestions for a "GOOD" way to improve that part of your life, a "BETTER" way to improve it, and the "BEST" way to improve it.

Session: A,B,D

**4. How To Live To Be 100: Nutrition and Lifestyle Tools**

**Barbara Darcy-Castorina**, RD, CDE, Registered Dietitian, Virtua Health, 856.325.4275,[bdarcy@virtua.org](mailto:bdarcy@virtua.org)

Research, including two dozen centenarian studies, shows that 100-year old people around the world have 16 lifestyle characteristics in common, which contribute to intact physical health, mental ability, and emotional status. Any person can increase his/her odds of joining this select group and reach 100 years. Each life-style characteristic will be addressed from the viewpoint of nutrition and everyday management, and easy life-style enhancement tools will be provided.

Session: A,C,D

**5. Masala Bhangra Workout**

**Susette Sabio Jones**, Certified Masala Bhangra Instructor, 856.264.3801, [zumbaqueen@comcast.net](mailto:zumbaqueen@comcast.net)

This exercise dance routine modernizes the high energy folk dance of Bhangra by blending in traditional Bhangra dance steps and Hindu/Bollywood moves. The Masala Bhangra Workout, a great cardio way to burn calories, provides overall toning for arms legs and core.

Session:**CLASS CLOSED**

**6. Women's Nutrition Forum**

**Rose Payne**,CHHC, Founder High Level Wellness, 856.428.5495, [highlevelwellness@earthlink.net](mailto:highlevelwellness@earthlink.net)

Get answers to your top nutritional questions. Find out about the important things a woman can do on her own to protect her health, the most important symptoms a woman should never ignore and what nutrients women need to look young and feel energetic.p>

Session: A

**7. Zumba Gold**

**Kathleen McCabe**, Licensed Zumba Instructor, 856.264.3801,[k-mcabe@att.blackberry.net](mailto:k-mcabe@att.blackberry.net)

Zumba Gold is a zesty Latin music dance fitness class that targets the largest growing segment of the populations: Baby Boomer. Zumba Gold integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardio benefits and total body toning. Learn dance movements that are fun and easy to follow. Class participants are encouraged to wear light dance type

shoes or sneakers, to bring a towel and a bottle of water.

Session:**CLASS CLOSED**

8. **Zumba Fitness®**

**Susette Sabio Jones**, Licensed Zumba Instructor, 856.264.3801, [zumbaqueen@comcast.net](mailto:zumbaqueen@comcast.net)

There is no wrong way to do Zumba. Zumba, "food for the soul", is for everyone. Be fit and move to the sounds of salsa, meringue, cumbia as well as other world dances. Leave your stress behind and de-stress the Zumba way.

Session: D

**Family Health**

9. **Everything You Wanted To Know About Addictions But Were Afraid To Ask**

**Joanne Cole**, RN, Mental Health Consultant, 1 Link 4 Senior Care, Inc., 856.939.5005,  
[solutions@1ink4seniorcare.com](mailto:solutions@1ink4seniorcare.com)

Addiction is a disease that affects many people in our country and all over the world. This disease does not discriminate between rich and poor, old and young, or any particular race, color, creed or classification in between. Bring your questions, and we'll help you gain greater understanding about this family disease and how to help when a loved one is suffering.

Session: A,B,C

10. **Bringing Out The Best In Your Child**

**Fola Adebi**, MTM, Executive Director, Wow! Science Camp®, 856.258.9022,  
[advisor@wowsiencecamp.org](mailto:advisor@wowsiencecamp.org)

This informative workshop focuses on the role of mothers in helping their children achieve academic potential, providing principles and practical steps mothers can take to cultivate their children's interest in

learning. Activities designed to help mothers evaluate their current approach and identify opportunities for improvement are covered.

Session: B,C,D

#### **11. Parents, Kids And Social Networking**

**Sarah Daly, MA, School Counseling, Spanish Teacher, Camden County Technical School,  
856.266.4638, [sarah.daly.05@gmail.com](mailto:sarah.daly.05@gmail.com)**

In the recent waves of social networking, including Facebook, Twitter and Tumblr, teenagers are testing their boundaries and expressing themselves in very public ways. This session will instruct parents and guardians on each mode of social networking functions and focus on what they can do to protect, inform, and monitor their children.

Session: B,C,D

#### **12. Managing A Loved One With Dementia**

**Nancy Feller-O'Dowd, MSN, APRN, Clinical Consultant. & Geropsychiatric Advanced Practice Nurse,  
GeroPsych Nursing Associates, LLC, 1 Link 4 Senior Care, Inc., 856.939.5005,  
[solutions@1link4seniorcare.com](mailto:solutions@1link4seniorcare.com)**

Caring for a loved one with dementia can present challenges leaving the caregiver exhausted, stressed, and depleted physically, emotionally, and financially. This workshop will help the caregiver spot the warning signs of depression in a loved one with dementia, manage agitation, negative behavioral changes, and recognize when professional assistance is required. Recognizing symptoms of depression in the caregiver and identifying effective coping strategies to reduce stress will be discussed.

Session: A,C,D

#### **13. Solutions For Families When Physical And/Or Financial Resources Are Depleted**

**Mary Kate Kennedy, BS, CMC, CIRS-A, CSA, Care Manager, Aging & Disabled Services, 1 Link 4 Senior Care, Inc. 856.939.5005, [mkkennedy@1link4seniorcare.com](mailto:mkkennedy@1link4seniorcare.com)**

Often caregiving takes a physical toll or drains the financial resources of those experiencing this

journey in life. This workshop will identify a host of strategies, solutions and resources available that support caregivers and their loved ones alike. The resources presented will be inclusive and supportive of a wide range of our community's needs – including developmental disabilities, ethnic and cultural supports, LGBT community resources, and others.

Session: B,C,D

## Health

### 14. Feel Like Your Younger Self Again!

**William B. Miller, DO;** Dolores Turse, NP, exuberan by Virtua, 856.355.6164, [joneill@virtua.org](mailto:joneill@virtua.org)  
Are you experiencing the effects of peri-menopause, menopause or andropause? Both women and men may experience such things as decreased or absent sex drive, decreased energy or mental clarity, insomnia and irritability as a result of the hormone changes that occur in mid-life. Join this educational session to learn more about how bio-identical hormone replacement therapy (BHRT) can enhance your life and improve your sense of well-being

Session: B,C

### 15. Get Rid Of Back Pain – Get Your Life Back

**Kieran Slevin, MD & AJ Rastogi, MD,** Virtua Pain and Spine Specialists, 856.325.5454  
[kslevin@virtua.org](mailto:kslevin@virtua.org); [ajrastogi@comcast.net](mailto:ajrastogi@comcast.net)

Eighty percent of all people over the age of 40 have suffered from some type of back pain. Unfortunately, as we age, there are countless other sources of pain that limit activities we once took for granted. This workshop covers unique new treatments and strategies for preventing, reducing and eliminating pain related to spine, back, neck, orthopaedic, neurologic and rheumatologic conditions such as arthritis. Don't suffer in silence – learn about new steps you or your loved ones can take to help get back to enjoying everything you want out of life.

Session: B,C,D

**16. Happy Healthy Feet**

**Joseph Mirarchi**, DPM, Regional Foot and Ankle Specialists, 856.875.8855

Are your feet begging for mercy? Running, high impact aerobics, wearing those 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 Fasciitis. Discover what you can do to prevent or treat these conditions.

Session: **CLASS CLOSED**

**17. Normal? What's That?" Women's Reproductive Health**

**Medical Staff**, Planned Parenthood of Southern New Jersey (SNJPC), 856.365.3519,  
[contact@ppsnj.org](mailto:contact@ppsnj.org)

In this interactive session, questions and concerns on what is normal reproductive health will be reviewed

Session: B,C

**18. Self-Massage for Knee Arthritis Pain**

**Dr. Dorothea Atkins**, RN, ThD, Holistic Self-Care Facilitator, 856.354.0088,  
[dmassage1@comcast.net](mailto: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 ones quality of life.

Session: A,D

**19. SOUNDS SCI-FI TO ME!**

**Eric Grossman**, MD, Premier Obstetrics and Gynecology of South Jersey, LLC, 856.772.2300,  
[ebgrossman@comcast.net](mailto:ebgrossman@comcast.net)

Advance Laparoscopy, daVinci Robotic Hysterectomy or Tubal Sterilization- what do these mean? They are minimally invasive surgeries that let you quickly get back to your life's routines. Enroll in this workshop to understand your gynecological symptoms and treatment options that might work for you.

Session: C

**20. The Diet Demise**

**Christine M. Arroliga**, Virtua FitSmart Manager, Virtua Health System, 856.325.5329,  
[Carroliga@Viruta.org](mailto:Carroliga@Viruta.org)

Ninety-five percent of those who diet regain weight that they have lost. Bariatric surgery isn't even a guarantee! What causes this demise? Come learn the facts about how to lose weight and keep it off. What role does sleep, hormones, emotions, thoughts, stress and physical activity play in successful weight management? Learn about metabolic testing, body composition analysis and how to use this information to get on the road to successful weight loss and management.

Session: A,B,D

**21. To Supplement or not to Supplement? That is the Question**

**Jennifer Naticchia**, MD, Virtua Health System, 609.261.7035, [JNaticchia@virtua.org](mailto:JNaticchia@virtua.org)

More and more people are taking vitamins, mineral and other herbal supplements; however, most of the products and other integrative medicine supplements are not controlled by the FDA. This workshop will review the growing amount of literature regarding evidence to support or not support the use of these products and the importance of including your physician in determining its interactions in combination with traditional prescription medications

Session: **CLASS CLOSED**

**22. Weight Loss Surgery Made Simple**

**Karen T. Jordan**,MD, PhD, Medical Director, The B.E.A.T. Program, 856.3091363 or 1330,  
[staff@thebeatprogram.org](mailto:staff@thebeatprogram.org)

This workshop is geared toward people who are contemplating weight loss surgery or interested in gaining knowledge in order to help a loved one. The definition of obesity, its causes and medical consequences are covered. The surgical procedures, their benefits and risks, will be presented in a straightforward manner enhanced by a short video presentation and handouts

Session: A,C,D

**Mind, Body and Spirit**

**23. A Guided Meditation To Balance Your Body, Mind & Spirit**

**Brenda Sorrentino**,MA, RN, MHt, Hypnotherapist, and Holistic Healing Specialist, 609.458.9203  
[HolisticHealingSolutions@comcast.net](mailto:HolisticHealingSolutions@comcast.net)

Come to this guided meditation designed to help release negativity and replace it with love and light. This workshop sets the intention to clear your chakras, find healing solutions, increase your energy, and heighten your intuition.

Session: B,C

**24. Health and Wellness Through Ancient Spices**

**Mrs. Madhu Shree Gupta**, 856.424.9313, [culturesofindia@yahoo.com](mailto:culturesofindia@yahoo.com)

This workshop will show how certain Indian spices such as turmeric have not only medical value, but bring out the distinctive taste of Indian Cuisine.

Session: A

**25. Herbs 4 Women - CANCELLED**

**26. Hypnosis “Quick Cure” For Stress Relief**

**Audrey Sussman**, Phd, LCSW, NBCCH, Hypnotherapist, Tish Schuman, LPC, CMH, NCC, Hypnotherapist, Anxiety Control Center, 856.751.9446, [askdraudrey@gmail.com](mailto:askdraudrey@gmail.com)

Start on the path of reducing stress and getting rid of emotions that have been weighing you down. This interactive workshop is paced to give information in a quick, relaxed manner to understand our unlimited potential.

Session: A

**27. Meditation For ‘PEACE’, ‘HAPPINESS’ and ‘BLISS’**

**V. Kumar Guptata**, 856.424.9313

Meditation teaches us a way to relax our minds to turn inward toward ‘PEACE’, ‘HAPPINESS’ and ‘BLISS’. This session will help one keep away from psychosomatic diseases and increase one’s potential.

Session: A,B,D

**28. Reiki, The Art Of Healing Touch**

**Maryann Marian**, MSW, Reiki, Master/Teacher, 609.499.3886, [mmarian7@msn.com](mailto: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 processes 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. While listening to a Reiki Master explains how the energy is used in the healing process, Reiki practitioners will offer each participant the opportunity to experience Reiki.

Session: A,C,D

**29. TAI CHI For Health And Longevity**

**Ilene Dougherty**, Tai Chi Instructor, Oriental Healing, 856.857.9494, [orientalh@earthlink.net](mailto:orientalh@earthlink.net)

Tai Chi is a soft, internal, ancient exercise/martial art consisting of slow, flowing meditative

movements. Come experience and learn about the benefits now and as you age from this “treasure of China”.

Session: A,C,D

**30. The Healing Power of Music Therapy**

**Colleen Brigid Fitzpatrick**, MSW, LCSW, Music and Memory Therapy Consultant, 1 Link 4 Senior Care, 856.939.5005, [solutions@1link4seniorcare](mailto:solutions@1link4seniorcare)

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!

Session: A,B

**31. The Most Powerful Strategies To Combat Fatigue And Boost Your Energy Naturally**

**Dr. Michael Kirk**, Chiropractor, Performance Health and Chiropractic, 856.727.8300, [drkirk@performancehealthandchiro.com](mailto:drkirk@performancehealthandchiro.com)

There are powerful and effective strategies to combat fatigue and boost energy naturally. Come learn proven techniques to increase energy from three different facets of health (Physical, Chemical, Mental/Emotional). Attendees will actively participate in a variety of light exercises; create a nutrition diary to identify energy producing foods, and learn relaxation techniques.

Session: C

**Self Improvement**

**32. Clear Clutter Clear Mind**

**Kathleen McCabe, MA**, Certified Feng Shui Practitioner, Clutter, Control Specialist,  
856.797.2365, [k-mcabe@att.blackberry.net](mailto:k-mcabe@att.blackberry.net)

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

**Session: CLASS CLOSED**

**33. Developing Your Vision**

**Pamela Bolden-Carter**, BS, MSCC, President and Founder of Women of Character, Inc.,  
856.629.8051, [pbc.woc@verizon.net](mailto:pbc.woc@verizon.net)

This workshop is about developing a personal vision. From losing weight to finding a job, a personal vision can tremendously help a person to succeed. Learn the skills of preparation and focus to develop your special “vision”.

Session: A,B,D

**34. H.E.L.P.™ HEAL A WOUNDED HEART**

**Sharon Roth-Lichtenfeld**, CPC, ELI MP, BFA, Owner, Good Grief Coaching, 856.270.2308,  
[Sharon@GoodgriefCoaching.com](mailto:Sharon@GoodgriefCoaching.com)

Death of a loved one, divorce, illness, a verbal argument, bullying, etc. cause heartache and grief. In this experiential workshop, find out about the 4 step technique; “Honor, Experience, Learn and Practice” to guide yourself through painful hurts while increasing coping tools for healthy healing

Session: A,B

**35. Motivation Is The Key To Living A Healthy Lifestyle**

**Sherri Horner**, Motivational Speaker, 609.805.2511, [Sherri@HealthfitnessBroadcast.com](mailto:Sherri@HealthfitnessBroadcast.com)

This interactive workshop provides helpful information and inspiration to encourage a healthier

lifestyle. Discover simple ways to stay motivated on your journey to attaining your health and fitness goals.

Session: B,C,D

**36. Setting No-Fail Goals: Tips From the Anxiety Control Center's Transformation System™**

**Audrey Sussman**, Phd, LCSW, NBCCH, Hypnotherapist, **Tish Schuman**, LPC, CMH, NCC, Hypnotherapist, Anxiety Control Center, 856.751.9446, [askdraudrey@gmail.com](mailto:askdraudrey@gmail.com)

During this hypnotherapy workshop, participants will learn some of the techniques on how to achieve personal goals using the “set no-fail goals” strategy of the Anxiety Control Center’s Transformation System. Come learn how to use all parts of your mind to clear fear, anxiety and procrastination.

Session: B

**37. What is Your Personal Value System?**

**Sharon Roth-Lichtenfeld**, CPC, ELI MP, BFA, Owner, Good Grief Coaching, 856.270.2308, [Sharon@GoodgriefCoaching.com](mailto:Sharon@GoodgriefCoaching.com)

Our values reflect who we are at our core. They also help us decide priorities and what is important about life. Learn how to help yourself discover core values and how they serve as a personal guidance system or GPS in life.

Session: D

**Personal & Financial Safety**

**38. Be The “CEO” Of Your Life By Visualizing Your Way To Success**

**Theresa Dozier-Daniel**, MSCC, MAC, CCJS, DVc, Professor, 609.280.2866,

[theresadnl@yahoo.com](mailto:theresadnl@yahoo.com); [www.pbc-woc.org](http://www.pbc-woc.org)

Learn tools to guide our personal and professional lives to new heights, through goal setting, visualization and affirmations. It is so important to realize that we are (Chief Executive Officer), the responsible owner of the roles we play in every area of our lives, at home and at work.

Session: B,C

### **39. Changing Careers and Looking for new job opportunities**

Frank Filipek, Jr, Nidia Sinclair, One Stop Center, 856.968.4200, [careerclub@camdencounty.com](mailto:careerclub@camdencounty.com)

This workshop is designed specifically to provide both the entry level job seeker, and the fully experienced worker, the skills, and techniques required to achieve new employment opportunities. Topics will include: Career Planning, Job Search, Job Satisfaction and available Financial Assistance opportunities to help obtain up-to-date Job Demand Vocational Training.

Session: B,C

### **40. Important Legal Documents**

**Patricia Egan Jones**, Camden County Surrogate, 856.225.7282, [patjones@camdencounty.com](mailto:patjones@camdencounty.com)

This workshop focuses on the important legal documents that everyone should have such as a Last Will and Testament, Advance Directive for Health Care (Living Will) and Power of Attorney. The statutory and assigned functions of the Camden County Surrogate's Court, including probate, guardianship of minors and incapacitated adults and adoptions will be covered.

Session: A

### **41. Saving Money With Coupons**

**Latisha Hayes**, 609.605.8509, [latishah08@yahoo.com](mailto:latishah08@yahoo.com), [www.couponanalyst.com](http://www.couponanalyst.com)

In this practical and money-saving workshop learn the origin of coupons, methods of organizing and planning coupon use, sharing and donating coupons and the most effective way to use coupons to get the most for your money.

Session: A,C,D

**42. Understanding the Healthcare Continuum for Seniors**

**Jeff Kleeman**,Community Outreach Director-NJ, Brightview Senior Living, 609.707.7339,  
[jkleeman@bvslnet](mailto:jkleeman@bvslnet); **Jeanne Stanton**, RN, Regional Director of Marketing & Sales, Genesis  
Healthcare 610.331.6278, [Jeanne.stanton@genesishcc.com](mailto:Jeanne.stanton@genesishcc.com); **Karen McGinnis**, RN, Area  
Director of Sales – Skilled Services, Bayada Nurses,484. 459.1472, [kmcginnis@bayada.com](mailto:kmcginnis@bayada.com)  
This workshop will highlight the choices families have when a loved one cannot return home  
safely from the hospital due to an injury or illness. What happens next? Rehab, Adult Day Care,  
Home Care, Assisted Living, Skilled Nursing and Hospice services will be described to help guide  
families through the healthcare maze.

Session: A,C

**43. What Every Woman Should Know About Social Security**

**CLASS CANCELLED**

**44. Retirement – Financial issues Facing Women of All Ages**

**Jim Capuano**, CLU, ChFC, CLTC, Financial Professional, Prudential Financial, 856.797.6701,  
[james.capuano@prudential.com](mailto:james.capuano@prudential.com), [www.prudential.com/us/j.capuano](http://www.prudential.com/us/j.capuano)

Maintaining financial health is critical to women today. This session will provide practical ways to  
improve financial fitness and answer general questions about growing and protecting assets..

Session: A,C

**Additional Workshops**

**45. Caring For Your Parents: Successful Aging In The Place They Love Most**

**Elizabeth Dunlavey**, MSW, LSW, Geriatric Care Manager, Samaritan SeniorWise Care Management Program, 800.229.8183, [edunleavy@seniorwisecare.org](mailto:edunleavy@seniorwisecare.org); Maryanne Fisher, BSN, RN, Professional Community Educator, Samaritan Hospice, 800.229.8183, [Maryanne.Fisher@SamaritanHelathcareNJ.org](mailto:Maryanne.Fisher@SamaritanHelathcareNJ.org)

Home is where the heart is, but finding the right in-home support services for aging parents can be overwhelming. If you're on caregiver overload, or haven't a clue where to begin, come learn about community resources and support services that can help you keep your elders safe and independent in their own home. Topics include, home safety tips, delicate transition talks ("It's time to hand over the car keys"), building consensus on appropriate in-home healthcare options and avoiding caregiver burnout.

Session:A,B

**46. Worried Sick**

**Nancy Alterman**, MSW, LSW, MSW, LCSW, Clinical Social Worker, New Jersey Institute for Successful Aging, UMDNJ School of Osteopathic Medicine, 856.566.6207, [sominfo@umdnj.edu](mailto:sominfo@umdnj.edu) "Worried Sick" is not just an expression. Worrying causes stress and can lead to chronic illness. Learn how to recognize the worrier within you and how to manage the stress that worrying can cause.

Session: A

**47. Using Sound Healing Techniques for Optimal Health**

**Barbara Barth Flewelling**,M.Ed., CCC-SLP, 856.988.1395, [barbspeak@verizon.net](mailto:barbspeak@verizon.net) Come experience the profound effect words, vibration, and sound have on us in the healing process. Participants will have the opportunity to play a variety of healing instruments to determine its effect, listen to music to stimulate imagination and understand how their own voice can increase energy and act as a healing modality.

Session: A,B,D

**48. Securing your Personal Finances**

**Nancy Haring Rosanne Tizzano**, Branch Managers Susquehanna Bank: 856-546-1000, [Nancy.Haring@Susquehanna.net](mailto:Nancy.Haring@Susquehanna.net); [Rosanne.Tizzano@Susquehanna.net](mailto:Rosanne.Tizzano@Susquehanna.net)

This workshop focus's on the important educational tools available to help ensure a women's personal financial security. Discussion topics: Credit Worthiness – know your credit score, Identity Theft Prevention – safe guarding your identity , Basic Money Management – products/services for today's on the go women.

Session: A,C

**49. Retirement Planning For Woman: What You Can Do Today To Better Prepare For Tomorrow**

**Stephanie Williams**, Financial Consultant, Susquehanna Bank, 856.756.7829,  
[Stephanie.williams@susquehanna.net](mailto:Stephanie.williams@susquehanna.net)

Join this in-depth workshop for an exploration of the unique investment challenges women face. This session created specifically for women, is designed to help you navigate the special circumstances that women face, position you to develop a more effective strategic plan for your financial future, and explain these differences in a easy to understand format.

Session: A,C

**50. Memory Loss - What's Normal, What's Not!**

**Melissa A. Carran, MD**, Neurologist, Cooper University Hospital, (856) 342-2445

Many of us have family members with memory loss – coping with that loss can be very frustrating. Knowing what to expect and how to cope can be very helpful. Join this workshop to learn the signs, symptoms and treatment for memory loss, dementia and Alzheimer's disease.

Session: A

**51. Women And Heart Disease**

**Karen M. Heintz, DO**,**Clinical Cardiologist**, **Joanne K. Mazzarelli, MD**, **Clinical Cardiologist**

Most women are surprised to learn that heart disease strikes one out of every three women; however, women have unique differences from men in symptoms, testing and treatment. Learn what you need to know to identify and manage your Heart Health – risk factors, diabetes and heart disease, hormone replacement, metabolic syndrome and what tests do women need as they age.

Session: A

**52. Garden Living – A Natural Look At Intentional Living**

**Mildred E. Rojas**, Professional Latinos Alliance Network, Goodseeds Administrative Services, 609.313.3194, [merojas@goodseeds.org](mailto:merojas@goodseeds.org)

Using gardening as a simile, learn the empowering awareness of having some control over outcomes in your life. This presentation explores the benefits of living a style of life intentionally chosen based on awareness of values and fundamental beliefs.

Session: B,C

**53. The Balancing See-Saw: Juggling Family, Career, Sports And Life**

**Mary Beth Daisey**, Associate Chancellor for Student Affairs, Rutgers University, Camden, 856.225.6050, [daisey@camden.rutgers.edu](mailto:daisey@camden.rutgers.edu)

This workshop is designed to help women find a way to balance all of the balls they are constantly juggling, at home, with children, and at work. Come learn how to balance varying tasks with patience and humor.

Session: C,D

**54. Long -Term Hopeful Solutions to Sun Damage, Wrinkles, Dark Circles and Loose Skin!**

**Dr. Nadia Chaudhry**, Hope Integrative Health, 856.988.8230, [www.hopemedicalspa.com](http://www.hopemedicalspa.com)

The workshop will feature new ways to shrink glands, reverse the aging process, stimulate collagen growth, increase cell regeneration, accelerate wound healing; in essence, remodeling the genetics of your skin, so it behaves like normal healthy tissue. The discussion will include steps to turn back the clock and reverse aging in a safe, dramatic and healthy way.

Session: A,C

**55. Creating Customized Skin Solutions: Combining Treatments And Skincare**

**Erin Farquhar**, Medical Esthetician at Hope Integrative Health, 856-988-8230, [www.hopemedicalspa.com](http://www.hopemedicalspa.com)

Create your dream skin with customized skin care solutions by combining treatments and proper skincare. This informative workshop will include solutions for all types of skin, including what

products to use and when to use them. Step by step, you will learn ways to achieve healthy smooth skin. Improving the overall quality and appearance of your skin is the first step towards restoring your skin.

Session: B,D

**56. Starting Over**

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“Starting Over” is a story of “Wealth to Poverty to Getting a Life Back on Track”. It is a story about a woman who fell on hard times after the end of a 27 year marriage and what she learned and managed to do to turn her life around.

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