

Women's Health Conference Workshop List

Complete the Past and Let it Go A

Rhona Alterma Newman, M.A., L.P.C., (609) 313-3963, rhonanewman@yahoo.com

The problems and the barriers to a happier life disappear when you follow the simple steps to freedom. Learn what they are. Anybody can do them. Do not let the past hold you back. Learn a step by step process in freeing yourself of the barriers and enjoy a happier life.

Get Ready For Love C

Rhona Alterman Newman, M.A., L.P.C., (609) 313-3963, rhonanewman@yahoo.com

What is keeping you from love? It may not be what you think! Find out what you need to do to get ready for love. You cannot change the past, but you can change how you feel about it. Learn how to let go of the past and open up to a wonderful new you.

Stress Management for Today, Tomorrow and Always C, D

Robyn Caruso, Founder of The Stress Management Institute for Health and Fitness Professionals, The Stress Management Institute for Health and Fitness Professionals
(609) 636-0388, tsmi.caruso@aol.com

The focus of this workshop is to learn about stress management techniques and how to cope with stress. Through interactive lecture, guided imagery exercise and aroma therapy learn how to de-stress and relax.

The New Modern Family - When Grandparents Help Raise the Children B

Bonnie Joffe, President, 50andbeyond.com, Nicole Coleman, Case Manager, L.P.N.,
(856) 625-3922, bonniejoffe@gmail.com

This session addresses the challenges that grandparents face when raising or helping to raise their grandchildren. You are not alone! This new modern family is now an integral part of our society. How do we adapt to the modern way of raising children? Our goal is to provide you with the necessary information and resources to help you manage your parenting role and work through the challenges which often accompany this responsibility.

Breath, Move, and Dance D

Ritu Pandya, Yoga and Doonya Bollywood Instructor, (856) 278-1707, ritupandya@msn.com,
www.doonya.com

Experience Doonya Bollywood and Pop Bhangra (folk), using handwork, footwork, hip and body movements specific to the Bollywood style basics to exercise both your physical and inner selves. Learn simple breathing techniques for centering and focusing the mind with yoga and Indian dance movements.

Building Leadership through Effective Communication B

Wendy Scharfman, Communications Coach and Trainer, Communications Consultant for Family Intervention Services, (917) 406-9773, wendy@wendyscharfman.com

This session will cover: How to establish credibility and a connection with your audience; how

to inspire action through compelling communication; how to develop your unique leadership style; and how to synthesize and structure communication and many other essential skills.

Understanding Social Security A

William Greenfield, CLU, ChFC, Registered Investment Advisor, Wealth Bridge Advisory
(856) 795-8134, bill@WealthBridgeAdvisory.com

Social Security is a greatly misunderstood program that, when properly utilized, can be a very important part of your overall retirement plan. This workshop will teach you at what age you should begin to access this benefit, how spouses should plan for their Social Security payments, how divorcees have access to a former partner's benefits...and much, much more.

Tai Chi for Health and Longevity B, C

Ilene Dougherty, Tai Chi Instructor, Oriental Healing LLC, (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.

Startups - Entity Set up, Bookkeeping and Taxes C, D

Jatinder Singh, CPA, President, NJSCPA South Jersey Chapter, (856) 383-1446,
cpa@accountvision.net

This interactive session will cover startups entity structure, initial financing, setting up books and then filing. All participants are encouraged to bring all their tax and accounting questions.

The Health Benefits of a Whole Plant Based Food Diet C, D

Kayla Grandison, Health/Nutrition Coach, (609) 330-3230, kayla@healthywholehappy.net
Learn the benefits of a plant based diet for reaching and maintaining a healthy weight, having more energy, clearer skin and reducing your risks of developing chronic degenerative diseases such as Type 2 diabetes, cancer and heart disease.

Developing a Personal Vision for Your Life A, B

Pamela Bolden-Carter, President, Women of Character, Inc., (856) 524-2917,
pbc.woc@verizon.net

This workshop is about "Developing A Personal Vision" for your life. From losing weight to finding a job, a personal vision can really help a person to succeed. Some of the topics that will be covered are preparation, focus, purpose, and goals that are needed to help develop a vision. Those who attend will have the opportunity to prepare some short term goals and share them with the class.

Why Your Workout Does Not Work - And How to Fix It A, C

Paul Kennedy Ph.D., (302) 224-5062, astephenson@leisurefitness.com

This seminar is a brief look at 10 things that you may or may not be doing in your personal fitness plan that are preventing you from achieving the results that you expected. Some

suggestions are offered on how to modify your current workout or fitness plan to improve the outcome.

Taking a Bite Out of the Caregiver Sandwich A, C

Lynda Hinkle, Esq., Founder and Lead Attorney, The Law Offices of Lynda L. Hinkle
(856) 227-7888, hobby@lyndahinkle.com

Women faced with the dilemma of caring for elderly parents while still taking care of their own children belong to a unique demographic: the Sandwich Generation. Being squeezed between two sets of demanding responsibilities can take its toll, and often the sandwiched caregiver needs support and assistance. This workshop provides practical strategies for taking care of your loved ones, exploring things you can do to take care of yourself and legal instruments you will need to manage your parents' and children's care. For anyone caught in the middle of a caregiving sandwich, this workshop is a must.

Self-Massage for Chronic Knee Pain A, B

Dorothea Atkins, Th.D., RN, Doctor of Theology, Chi Eta Phi Nursing Sorority; Gamma Phi Chapter, (856) 354-0008, dmassage1@comcast.net

If you have chronic knee pain or arthritis, this safe, effective, and convenient self-help technique is for you. This research, based on 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.

Empowerment: Begins with Being True to Yourself! D

Ami Feller, Author, (856) 298-9591, afeller@thevoorhees.org

Join a lively, facilitated discussion on barriers and expressways to empowerment for personal and professional pathways. It transcends family dynamics, job function or industry and if we do not realize there is static holding us back, how can we possibly move forward. This workshop explores ways to live a more empowered and fulfilling life!

Healthy Homes A, B

Nancy Wilson, Senior Environmental Health Specialist/Hazardous Substances, Camden County Department of Health and Human Services, (856) 374-6051, nwilson@camdencounty.com
The session will give an overview of indoor air contaminants such as lead, asbestos, mold, radon, and allergens. The presenter will also answer questions in those areas and give recommended suggestions for improvement of indoor air quality inside the home.

From Fat to Fabulous – The Choice Is Yours A, B

Mike Kirk, Chiropractor, Founder of Performance Health & Chiropractic, (856) 727- 8300, DrKirk@PerformanceHealthandChiro.com

During this interactive workshop, learn the secret to take you from poor health to optimal health, how to avoid the reasons most people fail to lose weight, and reach their health goals. This dynamic session will be one of the most inspirational, insightful and informative sessions

you have ever attended.

Zumba Gold (R) A

Susette Sabio Jones, Zumba Instructor, (856) 264-3801, zumbaqueen@comcast.net

Anyone can do Zumba Gold! Zumba Gold is dance/fitness with a blend of Latin inspired music for the active older adults or for those who are starting their fitness journey. All moves can be modified; there is no wrong way and everyone can do it. It is music for the soul and so good for the body. Come join and have FUN.

What is Integrative Medicine? A

Polina Karmazin, M.D., Medical Director, Virtua Center for Integrative Medicine, Virtua Health, (856) 325-5390, pkarmazin@virtua.org

Discover and learn about how acupuncture, biopuncture and homeopathic medicine can be integrated with conventional medicine in the treatment of pain, chronic conditions, weight loss, smoking cessation, and wellness.

Credit and Mortgage Financing B

Rosa Hernandez Rodriguez, CRA Mortgage Loan Officer, (609) 410-8449, rosa.hernandezrodriguez@susquehanna.net

Homebuyers and re-mortgagors will face tougher checks before being granted a mortgage under new rules for lenders that recently went into effect this year. This workshop will cover mortgage qualification requirements that are consistent with the "Ability to Repay" rule. Topics include credit and debt-to-income requirements; all types of current financing options; down payment assistance programs for low and moderate income borrowers, and what to expect while working with a mortgage lender.

Taking Control of Osteoporosis: Key Issues in Prevention, Management and Treatment A, B

Mary Clare, Schafer, RN, M.S Orthopedic Day Rehab Coordinator, Magee Rehabilitation Hospital and Outpatient Centers, (856) 256-1858, mschafer@mageerehab.org

The session is an overview of Osteoporosis with a focus on strategies to prevent, manage, and/or treat the disease. Lifestyle factors such as diet and exercise will be discussed with key tips such as reading food labels properly and choosing the right exercise program based on bone health status. Pharmaceutical and therapeutic treatment options are discussed. For those at risk of fracture, tips on fall-proofing the home will be covered.

Stroke: Awareness, Prevention, and Treatment B

Debra Gillen, RN, MSN, CMSRN, Stroke Program Coordinator, Lourdes Health System

Carrie Zwick, RN, Rehab Liaison, (856) 668-8430, gillend@lourdesnet.org

The presentation will focus on Stroke signs and symptoms, risk factors, prevention, and treatment. There remains a lack of stroke awareness which delays treatment and increases the disability that results from stroke. Our mission is to increase awareness of the disease.

A Creative Look at Stress D

Sr. Helen Owens, OSF, RN, MSN, Director, Spirituality & Creativity Programs, Lourdes Health System, (856) 869-8190, kendrickc@lourdesnet.org

Experience a meditative exercise in identifying both the positive and negative "stressors" in your life in order to make distinctions among them. Begin to create a gentle action plan based on such questions as "What might I need to let go of?" and "What might I need to increase in my life?"

Personal Safety - Awareness and Response D

Kathy Crane, Sensei Aikido Agatsu Dojos, Jane Shaw, Sensei, (856) 435-2667
info@AikidoAgatsuDojos.com

This lecture/presentation teaches basic concepts to avoid becoming a victim. Along with fundamental awareness and response skills, effective self-defense techniques are shown, which can be applied in the event of an unavoidable physical confrontation. Based on the techniques of Traditional Aikido that teaches redirection and control, participants will learn effective response techniques of self-defense.

Hair, Makeup, Workouts - What About the Rest of You? A, B

Joseph Maccarone, M.D., Director, Virtua Female Pelvic Medicine, Virtua Health, (856) 247-7420, jmaccarone@virtua.org

This session will provide an overview of bladder control issues, as well as the diagnostic and treatment options currently available to women. Surgical and non-surgical approaches will be discussed. Time will also be available for questions during and after the presentation.

From Chaos to Calm B

Lu Hanessian, Founder, WYSF (Wear Your Spirit for Humanity), (856) 857-4356
lu@letthebabydrive.com

Our lives are filled with stress. And stress drains joy. It can feel nearly impossible to find balance or enjoy life when we are feeling stuck in the emotional quicksand of chaos, conflict and fear. 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 don't deplete us, hurt our health, and negatively change who we are? Join this enlightening workshop, and feel empowered to cultivate joy, connection, and a peaceful heart.

Money and Your Children: Helping Them Become Financially Literate Adults D

Shauna Thomas, CPA, Bowman & Company LLP, (856) 435-6200, sthomas@bowmanllp.com
Financial literacy should be a priority for all individuals, no matter their age. Teaching good financial habits early can help pave the way to a solid financial future. This workshop will walk through the importance of saving and encouraging sound financial practices in our children. Discussion will center on how and when to teach the basics of money, budgeting and saving from preschool to college.

Women - Where Are We Now? B

Vicki Handfield, PsyD Psychologist and Internet Radio Host, (609) 841-9159,

vhandfield@gmail.com

Let us talk about where we are as women. We are still earning less than men are and are often much more highly stressed. Yes, we have begun to regain power we lost more than 2,000 years ago, and no, it isn't realistic to think we can get it all back in one or two generations. But, does anyone else think we might be slipping backwards a bit? Has anyone noticed the messages that many young girls are still getting about being cute/sexy as being more important than being skilled, talented, ambitious, and powerful? Can't wait to talk with you!!

Using Self-Hypnosis to Ease Anxiety and Worry B

Audrey Sussman, PhD, LCSW, NBCCH, LMHC Director, Hypnotherapist, Anxiety Control Center

Tish Schuman, LPC, CMH, NCC, Hypnotherapist, (856) 751-9446, askaudrey@gmail.com

Hypnotherapists from the Anxiety Control Center will show you how it can be possible to re-program old ways of reacting. A light trance is key to getting to the root of issues that have been holding you back. In this interactive workshop you will get a taste of using your mind in a new and powerful way. You will learn: 1. Why cognitive/behavioral techniques don't work for lasting relief of anxiety. 2. How a 3-step approach can be used to stop stress reactions.

3. Experience draining off tension with the self-hypnotic Standing Meditation.

Understand and Manage Medical Bills A, C

William Hawker, Ph.D., Founder and President, Medical Bill-Check (Health Care Advocates)

(856) 238-2686, bhawker@healthcarebillcheck.com

Learn how to organize and understand medical bills. Two million Americans will file for bankruptcy due to medical debt this year. Demystify the foreign language of health care billing and coding, learn your rights under federal and state laws. Learn how to obtain, from the health care system, the information that is not clear in your statements (instead of actual bills) that you must know to prevent being a statistic (up to 90% of medical bills contain errors --- in the provider's favor!). Recognize and learn to escape accidental traps that cause insurance payment denials, how easily and effectively appeals work, and how to get the most for your money under your insurance coverage. Know the difference between contracted charges and billed charges and how it can save you \$\$thousands! Experience the power of empowerment! It is easy!

Women and Finance: Creating Financial Independence A, C

Denise Davis, Financial Services Professional, New York Life, Frank Memmo, Agent,

(856) 371-6862, ddavis3@ft.newyorklife.com

This informative workshop covers a subject matter that is on the minds of many women: the importance of building a financial foundation. Those who attend will leave with a greater understanding of financial independence. During this workshop we will: Provide information to understand current financial situation and future financial needs—and empower women to make informed financial decisions. All attendees will receive a complimentary workbook which mirrors the presentation and will reinforce what they will learn during the seminar.

Hormonal Issues Facing Women A

Gerald Burke, D.O., Reproductive Endocrinology, RowanSOM Department of OB/GYN
(856) 566-5302, a.beattie@kennedyhealth.org

This workshop will cover care for hormonally medicated acne and hair growth in women, non-IVF centered fertility care, PMDD (Premenstrual dysphoric disorder) and PMS treatment, microsurgical reversal of female sterilization procedures, treatment of menopausal issues, chronic pelvic pain treatment, and treatment of menstrual bleeding irregularities.

"Heroin. Pills. It ALL Kills" A, C

William J Lynch, RPH, 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. It will look at the epidemic proportion of this problem among the youth in America and how this epidemic is impacting women MORE than men. It will address commonly abused prescription drugs and slang terms and the reasons why youth specifically abuse prescription drugs. It will cover youth and parents' perceptions of prescription drug abuse with real life stories of what has happened to youth abusing prescription drugs. Methods to help prevent children from abusing prescription drugs will be highlighted: Monitor/Secure/Dispose/Code Information on how a person can detect a person who is abusing drugs.

Why A Will is Important - And Other Legal Do's and Don'ts A, B

Honorable Patricia Egan Jones, Surrogate of Camden County, (856) 225-7282
jhouck@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 Surrogate will also 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.

Yoga for All A

Veena Gandhi, M.D., President, Private Medical Practitioner, Yoga Teacher, Virtua Health and Kennedy Medical System, (856) 428-2522, gandhiom1943@yahoo.com
The class will include soft yoga practices with complete yoga philosophy. Everyone will enjoy, share and learn.

The Waistline Crisis-The Science Behind Your Weight Gain A, B

Amy Articolo, D.O., Physician Medical Bariatrics of South Jersey, Suzanne Mackey, M.D., Physician, (856) 861-6320, medicalbariatricssj@gmail.com

As women age, many have a tendency to gain weight, despite their best efforts to prevent this from happening. This workshop will discuss the science behind this phenomenon with specific focus on decreases in metabolic rate, and increases in hormonal imbalances, such as thyroid hormone and the stress hormone cortisol. These factors can contribute and lead to the biochemical alterations that actually promote weight gain, and prevent weight loss. The

session also explains a medical plan which has proven results across the country, why it works, and in essence, "the science" behind it all.

Do Something Selfish: VOLUNTEER! A Panel Discussion B

Diana Dubbeling, Owner, Senior Publications East, LLC , TODAY'S SENIOR Magazine, South Jersey Edition, Treina Fletcher, Director, R.S.V.P. Camden County (609) 868-7019, ddubbeling@comcast.net

Volunteering is an important part of a healthy lifestyle; doing "good" is good for you! Research over the years has demonstrated a significant relationship between volunteering and good health. The bottom line is while you are helping your community, you can be helping yourself to: lower your mortality rate and risk of heart disease, depression and other ailments; improve your functional ability and buffer stress. Our workshop will feature a panel of representatives from local organizations that rely on volunteers to fulfill their missions. Tips on volunteering will be provided, as well as a Q and A session with our panel. Participants' input will be welcome to share their volunteer experiences and identify opportunities to increase or begin volunteer efforts.

Mindfulness as a Tool for Stress Reduction D

Stephanie Rabin, Ph.D., Post-Doctoral Fellow, The Center for Emotional Health of Greater Philadelphia, LLC, Marla Deibler, PSY.D. Licensed Clinical Psychologist, Executive Director (856) 220-9672, mail@thecenterforemotionalhealth.com

This presentation will discuss the most common emotional, cognitive, and physical reactions to stress, and will review several evidence-based strategies to reduce the negative effects of stress. One of these strategies, mindfulness, is the practice of focusing on the present moment in an open, non-judgmental way and has been shown to improve mood, reduce anxiety, and enhance mental clarity. Various ways of utilizing mindfulness in daily life will be reviewed. Common questions about mindfulness will be addressed. Participants will be provided with resources that will assist them in continuing mindfulness practice at home.

Solutions to Chronic Tendon Pain in Elbows, Knees, Shoulders and Achilles C

Malini Khanna, M.D., Physical Medicine & Rehabilitation, Reconstructive Orthopedics (856) 256-0051, jstokes@reconstructiveortho.com

Find out about a new advanced treatment that quickly and safely removes the source of tendon pain. Based on technology developed in collaboration with the Mayo Clinic, Tenex Health TX™, is a minimally invasive treatment option for tendon and soft tissue injuries, such as tennis elbow, golfer's elbow, jumper's knee, shoulder tendonitis, Achilles tendonitis, and plantar fasciitis. Patients have reported experiencing a nearly painless treatment, a quick recovery, and lasting pain relief.

Breathe Right, Stay Healthy A, D

V. Kumar (Anand Baba) Gupta, Enlightened Master, (856) 424-9313, vkgupta@juno.com
When we are children, we breathe naturally, filling our abdomens with air. As we age, we tend to do shallow chest breathing which can often contribute to poor health outcomes and

diseases. Get back to basics by learning deep breathing techniques to stay healthy.

Simplify and Calm Your Life - For Busy Women B

Barbara Berman, Certified Professional Organizer, National Association of Professional Organizers, including the Greater Philadelphia Chapter and Institute for Challenging Disorganization, Bev Borton, Certified Life Coach, (856) 912-0077, info@bb-clutter-solutions.com

If you crave a less complicated life, more time and space for yourself, and an easier time at work and home, this session is for you. Expect practical methods you can use right away to: Create personally rewarding days so you have freedom to do things you love. Streamline work and/or home responsibilities so you can enjoy the results. Create time and space for yourself and experience the absence of stress.

Environmental Toxins and Detox C, D

Gary Knight, DC, ChiropractorConcord Wellness Institute, (856) 910-0495, concordhealthdoc@gmail.com

This discussion will focus on the various ways we have polluted our environment to the extent of incurring health hazards. We will identify sources of toxins in foods and the environment. We will review ways to avoid and eliminate exposure to their effects.

Starting a Small Business D

Michelle Gasiorowski, CPA, Bowman & Company LLP, (856) 435-6200, mgasiorowski@bowmanllp.com

This important workshop details how to start a small business, including topics such as tax issues, employment issues, insurance, registration with the state, record keeping, employer responsibilities and other basics.

Advocating for Yourself: A Guide to Manage Your Own Health Care C

Lindsay Baukert, Nurse Practitioner Planned Parenthood of Southern New Jersey (856) 365-3519, joyce.lappin@ppsnj.org

In order to receive good health care, it is crucial that we must take an active role in our care. Yet, many of us often do not speak up for ourselves. Many times we do not know how. This workshop is designed to help you find your voice and make informed choices.

What's 'App--ening in Health Care? C, D

Patricia Bicknell, Clinical Consultant and Health Educator, 1 Link 4 Senior Care & 1 Link 4 Care, Inc., (856) 210-2204, solutions@1link4seniorcare.com

Bring your smart phones or tablets to this interactive workshop that will identify and review the latest in web-based applications to support and empower you as both a consumer and a patient.

Caregiving 2.0 A, B

Mary Kate Kennedy, Care Manager - Aging & Disabled Services, 1 Link 4 Senior Care & 1 Link 4

Care, Inc., (856) 210-2204, solutions@1link4seniorcare.com

Join us to learn how caregivers can use the interactive tools of social media and other web-based supports to enhance their knowledge, skill sets and emotional balance in the care giving process.

Do Not Give Up-Get Going-It's Never Too Late to Become What You Might Have Been B, D

June Grushka-Rosen, M.Ed., CEO of ExtraordinarYou, (856) 261-1963,
ExtraordinarYou@gmail.com

This workshop proves you are never too old, too young or too inexperienced to do something "Extraordinary" with your life. Learn hands-on tools to join the League of Extraordinary Woman who put fear aside to grab hold of their personal or professional desires, passion and goals. Learn "Expert Coaching Tips" to develop skills needed to prioritize, find clarity, shift your mindset, and finally leave your valuable mark. No dreams are too big or too small to tackle in this exciting interactive workshop.

Healthy Feet for Women on the Go C

Ghadeer Alami, DPM Podiatric Surgeon, Reconstructive Orthopedics, (856) 256-0051,
jstokes@reconstructiveortho.com

This session will discuss ways to keep our feet healthy while maintaining a busy life. Women seem to always be on the go and may neglect the care of their feet. Healthy foot care will allow you to continue to maintain that active lifestyle.

What is New in Hip and Knee Replacement? A

Jeremy Reid, M.D., Joint Surgeon, Reconstructive Orthopedics, (856) 256-0051
jstokes@reconstructiveortho.com

Learn about surgical options for the arthritic hip and knee. Innovative techniques will be discussed along with what to expect before and after surgery.

Women's Heart Health: Prevention, Risk Assessment and Treatment B

Kathleen Heintz, D.O., Clinical Cardiologist, Cooper University Health Care, Heart Institute
Joanne Mazzarelli, M.D., Clinical Cardiologist, (856) 382-6444, johnston-kathryn@verizon.net
It is well-known that women experience heart disease differently than men. Learn more about how to prevent cardiovascular disease; how physicians assess risk based on genetics, lifestyle and other factors; and the latest developments in treatment - all geared toward the unique needs of women.

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 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.

Procedural Dermatology: Options for Looking and Feeling Your Best A

Naomi Lawrence, M.D., Head, Division of Dermatology Section of Procedural Dermatology

Cooper University Health Care, (856) 382-6444, johnston-kathryn@cooperhealth.edu

Botox. Chemical peels. Fat injections. Laser rejuvenation. Liposuction. Sound like a foreign language? Don't be intimidated. This interactive discussion covers the many options available for consideration in desired procedural improvements, including surgical and non-surgical procedures. Once thought of as expensive and extreme, you may be surprised by what you will learn.

PAIN? To Be or Not To Be - that is the Question ... We Have Your Solution! A, B

Lance Knaub, Chiropractor, Doctor of Physical Therapy, Owner of Breakthru Fitness & Physical Therapy, (856) 396-2250, drlanceknaub@breakthrupt.com

What causes PAIN? When should I pay attention to the pain? When do I go to the ER or Urgent Care? This informative session identifies the types of problems of lower back pain and the research of best practices for common injuries.

The Fitness Obsession of Diet and Exercise: Getting Past the Fear and Confusion of Diet and Exercise C

Asa Cansler, PE.AS, Personal Trainer, Nutritionist, Certified Tae Bo Fitness Instructor American Council of Exercise Certified Personal Trainer & American College of Sports Medicine Alliance Member, (609) 284-7884, hopefitclub@me.com

Is this You? Have you tried healthy eating without seeing results? Does the idea of walking into a gym or fitness center intimidate you? Are you confused about what exercises to perform to develop lean muscle and burn fat? Do you ever wonder how much protein, fats and carbohydrates you should consume? If you answered "yes" to any of the above, this presentation is for you. This workshop will answer your questions and help you get started on the path of wellness that will last a lifetime!

The Agony and the Ecstasy of Business Development and Networking - Getting Past Your Fear and Discomfort of Finding Clients and Customers A, B

Sheri Desaretz, President - Looking Forward Coaching, (856) 261-7650,

sdesaretz@lookingforwardcoaching.com

THE AGONY AND THE ECSTASY OF BUSINESS DEVELOPMENT AND NETWORKING: Getting Past the Fear and Discomfort of Finding Clients and Customers! Is this you? You wish someone else would find your clients/customers for you. Walking into a networking event stops your heart. You have no clue which networking options are right for you. If you answered "yes" to any of the above, this presentation is for you. Learn the importance of business development and get out of your own way, so you can do it right! After all, without clients/customers, you have no business.

Maximizing Mobility and Quality of Life as You Age B, D

Devon Coughlin, D.C., (856) 552-0570, askdrdevon@gmail.com

"Maximizing Mobility and Quality of Life as You Age" is about healthy aging: how to keep your

body physically mobile and maintain your quality of life. Discussion includes how to avoid drugs and surgery through chiropractic care, customized nutrition, and exercise.

You Think YOUR House is Messy? Working with a Professional Organizer B

Rie Brosco, Professional Organizer and Business Owner, RieOrganize!, (215) 435-5609

rie@rieorganize.com

Most people tell me they are embarrassed about having company in their homes because it is so disorganized! You have tried to organize your home on your own but just cannot seem to do it. That is okay. Here is your chance to ask questions about what it is like to work with a Professional Organizer and how working together can eliminate some of the stress of home organizing.

House Party Fitness® and B.R.Y.C.K.E.D Up® Fitness B

Brooke Blair, Creator-House Party FitnessCo.®, Batrice (Tru) Adams, Creator- B.R.Y.C.K.E.D Up® Fitness, (609) 330-2188, winslowteach@gmail.com

House Party Fitness® (by House Party FitnessCo.® LLC) is a new nationally accredited cardio hip-hop program that uses the hottest music and moves that can translate to the dance floor.

B.R.Y.C.K.E.D Up® Fitness masterfully unites some of the best fitness formats to give you the ultimate workout. The only power-based, cardio class of its kind; combining six distinct training systems seamlessly into an effective "beyond the next level" fusion program which is specifically designed to empower the beginner and still put the advanced to the test.

The Diabetes Weigh-A Women's Guide to Better Manage Diabetes A, C

Francine Grabowski, MS, RD, CDE, Program Manager, Cooper Diabetes Education Center, Cooper Education Center, 856-669-8701, grabowski-francine@cooperhealth.edu

In this one-hour interactive workshop you will adapt your own unique problem solving ability to the art of managing diabetes. Surrounded by the wisdom of women, you will be guided and supported to discover how food, exercise, medicine and stress affect your diabetes.

Healthcare Options and Ways to Pay C

Dana Bookbinder, Certified Elder Law Attorney National Elder Law Foundation, Founder, Bookbinder, LLC, 856.986.3510, dana@bookbinderlaw.com

This workshop covers various solutions for care and the ways to pay including insurance. Come learn from an expert on how to secure your healthcare future.