



the POWER of a HEALTHY WOMAN

Friday, September 23, 2011 | 8:00 a.m. - 1:45 p.m.

Texas Woman's University | Hubbard Hall Building | Denton, Texas

Overview

The purpose of this event is to increase knowledge of health risks among women and to raise awareness among women about disease prevention and health promotion.

Schedule

- 8:00 a.m. Registration / Refreshments / Exhibits
- 9:00 a.m. Acknowledgements and Opening Remarks
- 9:05 a.m. *Deborah Clegg, PhD, RD, UT Southwestern Medical Center, Touchstone Diabetes Center*
- 9:45 a.m. Break / Exhibits
- 10:15 a.m. *Nishendu Vasavada, MD, Medical Director of University Behavioral Health*
- 11:00 a.m. *Maggie Jover, PhD, CHES, Texas AgriLIFE*
- 11:45 a.m. Break / Exhibits
- 12:00 p.m. *Keynote Speaker and Lunch*
Mark Fenton, MS, The Walking Guru
- 1:00 p.m. Announcement of Gift Bags and Evaluations
- 1:15 p.m. A Walk with Mark Fenton

More Information or Questions

To register or view the complete details about the Power of a Healthy Woman event go to <http://www.twu.edu/ce/Healthy-Woman.asp>.

Call Texas Woman's University, Office of Lifelong Learning at 940.898.3408 or email lifelonginfo@twu.edu. The cancellation policy is available on the above website.

Hosted by:

Texas Woman's University
Institute for Women's Health
Leadership Institute
School of Management
Office of Lifelong Learning



Texas AgriLIFE Extension – Denton County

What Will I Learn

- **The 6 dimensions of wellness**
- **Specific ways to enhance 3 of the 6 dimensions of wellness**
 - Physical Health
 - Social Health
 - Occupational / Financial Health
- **Tools that make behavior change easier in your life**
- **The benefits of wellness**
 - Decreased medical costs
 - Enhanced outlook on life
 - Increased productivity & energy
- **How to empower others to join you**

What is Wellness?

Beyond just "not being sick", wellness is a state of optimal health to which each of us can aim regardless of age, physical limitation, and income level. Wellness is a life balance that can be achieved by making time each day to incorporate the "6 dimensions of wellness", that serve as a compass in our pursuit of wellness.

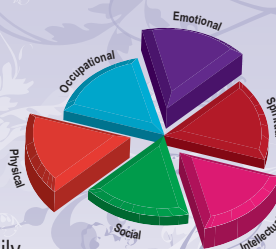
~ Anna Love (Founder & CEO, Love to Live Well), 2010 ~

Each of us chooses daily which of these actions or behaviors to include in our day.

Examples for each dimension:

- **Physical** - healthy eating, active lifestyle
- **Emotional** - optimism, trust, self-esteem
- **Intellectual** - creativity, lifelong learning
- **Spiritual** - sense of meaning/purpose
- **Social** - support system of friends and family
- **Occupational / Financial** - enjoyable work, reasonable financial security

Credit to: Dr. Bill Hettler, co-founder of the National Wellness Institute, for developing the wellness model.



Code: 12081

the Power of a Healthy Woman - 2011

One form per person.

Name (please print) _____ email (required) _____

Address _____ City _____ State _____ Zip _____

Day Phone (____) _____ - _____ ADA accommodations requested. How did you hear about the event? _____

Register online at <http://www.twu.edu/ce>

Special Dietary Needs: _____

Registration fee includes lunch. **Registration deadline is September 20, 2011.**

- Student (must show student I.D.) – \$20
- Community Participant – \$35
- Day of Event (will be accepted on a space available basis only) – \$75

Telephone /fax registrations accepted with VISA, MasterCard or American Express.

Card Number _____ / _____ / _____ / _____

Expiration Date _____ Signature _____

The cancellation policy for this event is available at <http://www.twu.edu/ce/Healthy-Woman.asp>.

Return completed form and fee to:

TWU, Office of Lifelong Learning
P.O. Box 425649
Denton, TX 76204-5649
940.898.3408 Fax: 940.898.3416

For Office Use Only:	
Date Rec.	_____
Fee	_____ / _____
Cash	_____
Check#	_____
Charge	_____
Auth #	_____
PO#	_____