



the POWER of a HEALTHY WOMAN Symposium

Saturday, September 19, 2009 | 8:30 am - 12:15 pm

Texas Woman's University | MCL Auditorium | Denton, Texas

Symposium Overview

The purpose of this symposium is to increase knowledge of health risks among women over the age of 18. The intent is to raise early awareness among young women for disease prevention and health promotion. The speakers will provide valuable tools, specific to women, that ease incorporating daily wellness strategies in the areas of healthy eating, stress management, and financial health.

Who Should Attend

- Women over the age of 18

Symposium Schedule

- 8:30 a.m. Registration / Refreshments / Exhibits
- 9:00 a.m. Welcome
- 9:05 a.m. *Weathering the Financial Uncertainty*
- 9:35 a.m. *Access to Healthcare: The Proposals and Potential Impacts of the Obama Administration Reform Plan*
- 10:00 a.m. Break / Refreshments / Exhibits
- 10:15 a.m. *What's New in Nutrition*
- 10:50 a.m. *Hormones and Health – Thyroid and Diabetes*
- 11:30 a.m. Keynote Speaker
The Ditchdigger's Daughter: "The Power of a Dream"
- 12:15 p.m. Announcement of Door Prizes / Evaluations / Exhibits

Cancellation / Refund Policy

Registrants who find it necessary to cancel will receive a refund, less a \$5 processing fee. To receive a refund, you must submit written notification seven days prior to the event date (fax 940.898.3416). Substitutions may be made at any time. Refunds will not be issued once the event begins. The Office of Lifelong Learning reserves the right to cancel this event if minimum enrollment is not met or other events out of our control take place. In doing so, Texas Woman's University's liability is limited to the registration fee.

Sponsored by: **Caring for Women, Dairy MAX YOUR Local Dairy Council, Denton Municipal Electric, Medical Clinic of North Texas, Texas Woman's University** – Department of Social Work and Student Health Services

Hosted by:

Texas Woman's University
Institute for Women's Health
Leadership Institute

Texas AgriLIFE Extension – Denton County

What Will I Learn

Keynote Session

The Ditchdigger's Daughter: "The Power of a Dream"

Yvonne Thornton, MD

Dr. Thornton will deliver a motivational lecture of how her father, Donald Thornton, a poor and uneducated black laborer who was a child of the Great Depression, overcame incredible obstacles to give his daughters a better life. Dr. Thornton tells the true story about a black family of all girls that transcends race, color and gender to rekindle our belief in the American spirit and the human will to succeed despite adversity.

Featured Sessions

Weathering the Financial Uncertainty

Nancy Granovsky, PhD, Texas AgriLife Extension, College Station, Texas

Dr. Granovsky will discuss strategies to enable women to become more financially secure through money management, wise use of credit, and planning for future financial goals. She will also provide suggestions on managing finances during tough economic times.

Access to Healthcare: The Proposals and Potential Impacts of the Obama Administration Reform Plan

Abigail Tilton, PhD, Texas Woman's University, Denton, Texas

Dr. Tilton will discuss the need for healthcare reform in the United States, health status issues of women in the US (especially those related to access to care), the Obama administration's current plan for reform, and the potential impact of the plan.

What's New in Nutrition

Carol S. Ireton-Jones, PhD, RD, LD, CNSD, FACN, Carrollton, TX

In this session, Dr. Ireton-Jones will discuss Nutrigenomics, Vitamin D and sleep.

Hormones and Health – Thyroid and Diabetes

Wasim A. Haque, MD, Private Practice, Lewisville, Texas

Dr. Haque will discuss risk factors, symptoms and signs of thyroid conditions and diabetes. He will also discuss prevention and early treatment of these disorders.

Door Prizes!

Great door prizes will be provided by nationally known companies.

Questions

Call Texas Woman's University, Office of Lifelong Learning at 940.898.3408 or email lifelonginfo@twu.edu.

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

Code: 10081

Priority Code: 10081F

Name (please print) _____ email (required) _____

Address _____ City _____ State _____ Zip _____

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

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

Expiration Date _____ Signature _____

ADA accommodations requested.

Fee: Early Registration \$15 Regular & On-site Registration (After Sept. 10, 2009) \$20

Total Enclosed \$ _____

Registration deadline is September 16, 2009. On-site registration will be accepted on a space available basis only.

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One form per person.

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#	_____