

maggie jackson

SPECIAL GUESTS OF

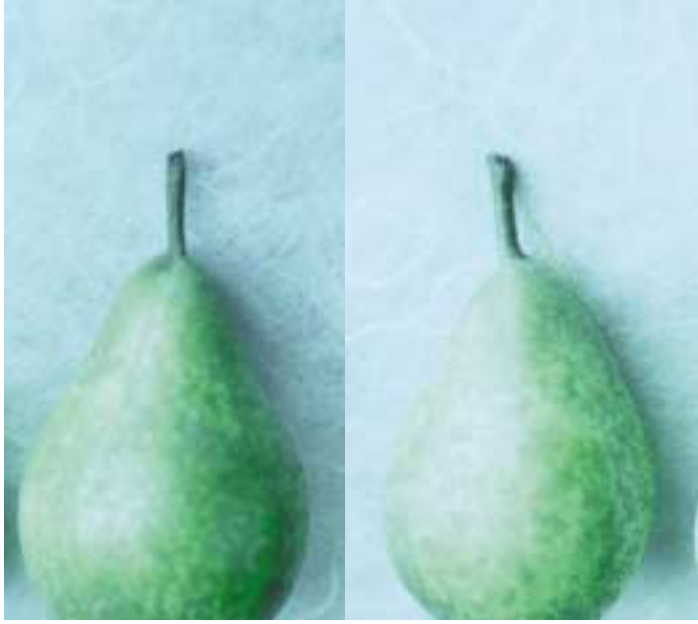
Balance Your Life with Special Guest Maggie Jackson



Our luncheon speaker this year is the author of "What's Happening to Home: Balancing Work, Life and Refuge in the Information Age" (Sorin Books). As a mother of two and an award-winning Associated Press journalist, Ms. Jackson understands the various ways in which our commitments can pull us. She will share her insights on redefining our ideas of home without shortchanging our work lives.



THE FESTIVAL



rita
dove



Photo of Rita Dove © by Fred Viebahn.

Poetry with Former U.S. Poet Laureate Rita Dove

Pulitzer Prize Winner Rita Dove will share readings of her lyrical poetry, which will set the stage for a women's drum circle with audience participation. The drum circle will be led by the Shaman Journeying Group under the direction of Shirley Paul. Participants can shake and rattle with their own drums and instruments, or use their hands and feet to feel the rhythm as we end our daylong celebration of simplicity and healing.

event descriptions



JoAnn Pinkerton, M.D., Updates on the WHI Study – We'll explore the latest findings of this landmark study, including benefits and risks of short-term and long-term hormone replacement use. Although there's been a longtime debate about the pros and cons of HRT use, the halting of the Women's Health Initiative trial brought the combination therapy of estrogen and progestin into scrutiny.

David Waters, Ph.D., Keeping Sex Simple – The secret to keeping sex simple is to have a good idea of how sex works and to talk about it. The top three causes of sexual problems are anxiety, ignorance and poor communication. You'll learn what happens and why, and how to communicate openly about it.

Dearing Johns, M.D., Take Wellness to Heart: Risk factor modification and the latest on diagnostic tools and treatments – Heart and vascular disease is the No. 1 killer of women, and menopause is a cardiovascular risk factor for all women. Your actions today can help prevent, delay or minimize the effect of cardiovascular disease. Learn how to change your risk factors, the latest about diagnostic tools, and a new treatment for blocked arteries – drug-eluting stents.

Mary G. Bryant, M.D., Walking a Fine Line: The link between high heels and knee osteoarthritis – Wondering if those 4-inch heels pose a long-term health risk? Come hear Dr. Bryant talk about ground-breaking research into the link between high-heel shoes and knee osteoarthritis. She will discuss how medical professionals are able to measure certain aspects of walking. She'll also talk about the effects of different types of women's and men's shoes on knee joints. (You may want to wear flats home.)

Jonathan M. Evans, M.D., MPH, Keeping Your Memory Healthy – Dr. Evans will present the major causes of memory loss, including stress, depression, medications, alcohol, hormones and nutrition. Learn simple things you can do to help maintain or regain your memory as you age.

Christine Peterson, M.D., & Tom Miller, M.S., How to Begin Exercising Regularly and Why to Continue: Better health for women! – Review steps that can be taken to establish a successful exercise program and how to stay safe while exercising. Exercising can help prevent high blood pressure and osteoporosis, reduce breast cancer risk and relieve menstrual symptoms. Get tips on how to pick the right sports bra and how to exercise while pregnant or breastfeeding, among other things.

Susan Dunlap, Spotlight on Supplements – We'll look at 10 top nutritional supplements that can help maintain and improve health. These trustworthy vitamins and herbs support the whole body and help us sleep and look better, think more clearly, and stay strong of heart and bone, sexuality and spirit – all without causing imbalance.

Stephen Park, M.D., & Tina Miller, Office-Based Facial Cosmetic Procedures – Even small interventions can have a tremendous impact on your image and overall appearance. Contemporary facial cosmetic surgery offers a myriad of options, many of which are now available as office-based procedures. This seminar will focus on nonsurgical ways to enhance one's facial beauty such as botox, peels and use of cosmetics.

Heather A. Lee, LCSW, Women, Stress & Inner Peace – Stress: its negative impact can affect physical health, emotional well-being and your general sense of satisfaction with life. Research has proven that women who learn simple relaxation techniques can greatly reduce the damaging effects of stress while increasing energy, vitality and ability to withstand stress.



Theresa Anderson, R.D., & Omni Chef Shane Gonsalves, Simple Meals for Busy People

– Anderson, a UVA nutritionist, will provide tips to help incorporate healthy food choices into any busy life. Her tips cover nutrition with a busy lifestyle, meal planning, grocery lists and shopping, quick menus and more. Chef Gonsalves will demonstrate various food preparation techniques and quick healthy recipes. Participants will sample his cooking.

Jody Foreman, MSW, L.Ac., Chinese Medicine & Womens Health – The general theory of Chinese medicine will be explored, including yin and yang balance, the “seasons of life” as they affect women and how Chinese medical techniques help preserve wellness.

Cindy Sanborne, MSN, CNS, RN, CDE, Prevention of Type 2 Diabetes in Women – Our country is experiencing a diabetes epidemic, with a 50 percent increase in the number of people with diabetes from 1990 to 2000; more women than men have type 2 diabetes. Risk factors for developing diabetes will be discussed, including special considerations for women. You'll learn how to achieve a healthy lifestyle to help reduce the risks for developing diabetes and heart disease.

Andy Baer, M.D., Herbal Toxicology – This lecture will focus on possible reactions that can occur when taking herbals and other supplements along with prescription medication.

Laura Lee Skauge, Energy Healing: A look at the new power therapies –

Energy healing works with the bodys energy field to effect rapid change on the physical, emotional, mental and spiritual levels. Therapists and healers are using new power therapies such as Emotional Freedom Technique, Thought Field Therapy, and Eye Movement Integration to change long-standing dysfunctional emotional and physical patterns. Energy healing can unleash creative potential and spiritual growth.

Jennifer Harvey, M.D., Do What Feels Good AND Lower Your Breast Cancer Risk –

Simple solutions include minimizing alcohol consumption, exercising, eating well and caring for yourself.

Beth Ann Bartley, YogaRhythmics®-The Dancing Path of Yoga – YogaRhythmics® is a moving journey through the energy centers of the body known as chakras. Using music, movement, breathwork and meditation, YogaRhythmics helps us open and energize the body, clear the mind and nurture ourselves.

Catherine Zuver, R.N., Alternatives to Hormone Replacement Therapy – Alternative remedies are gaining attention and some acceptance in the medical establishment. NIH now has an Office of Alternative Medicine that is awarding research grants to study St. Johns Wort and soy products, among many other remedies. We'll go over options such as herbs, exercise, vitamins and diet to help with perimenopausal/menopausal discomforts.

Hiromi Johnson, T'ai C'hi – This Eastern exercise form aligns the bodys energy to increase healing and improve vitality.

Sheila Crowe, M.D., & Beth Dunlap, Digestive Tract Issues for Women 2003:

A Q&A session – This session is a wonderful forum for discussing some of the common GI disorders and complaints that affect women. Issues related to irritable bowel syndrome (IBS), constipation, colorectal screening, dyspepsia and GERD will be addressed in an informal atmosphere. Time will be devoted to questions related to the GI tract and diet.

Labyrinth – A labyrinth is a pattern with a purpose. It has one path into the center and the same path out. You can use it for introspection, problem solving, walking meditation and prayer. Take time to visit our labyrinth – no registration necessary.

Closing Celebration – Rita Dove's poetry will lead us to the simple rhythms of a drum circle to help us close our day of healing.

information booths

Take advantage of the most up-to-date health information and resources of the UVa Health System. Schedule yourself for up to two screenings and drop by our information booths for the latest on risk assessment, disease prevention and other important services.

Life Net Organ & Tissue Donation

UVa HealthSouth Rehabilitation Hospital

UVa Bookstore

Advanced Directives

Family Caregiving

UVa Department of Ophthalmology

Sleep Disorders Center

Breast Health

Blood Pressures

Diabetes Education & Management Program

Digestive Health Center of Excellence

Midlife Clinical Trials

Functional Reach

Women's Center for Emergency Care

The Women's Place Obstetrics and Gynecology

Blue Ridge Poison Center, UVa. Department of Emergency Medicine

Healthy Aging

Bodytalk

UVa Health Sciences Library

Gynecologic Oncology

Virginia Blood Services

Labyrinth

Quest Book Shop

Mindfulness-Based Stress Assessment

Osteoporosis & Metabolic Bone Disease