

events

Registration and continental breakfast are from 8 to 8:45 a.m., and we'll gather in the Ballroom from 8:45 to 9 a.m. for a welcome and brief explanation of the festival day.

	9:10-10:00	10:10-11:00	11:10-12:00	12:15-1:15	1:30-2:20	2:50-4:00
Atrium			Information Booths are open all day			
East Ballroom	Updates on the WHI Study JoAnn Pinkerton, M.D.	Keeping Sex Simple David Waters, Ph.D.	Take Wellness to Heart Dearing Johns, M.D.	LUNCH & Speaker: Maggie Jackson	High Heel Study Mary G. Bryant, M.D.	Rita Dove Poetry/Drum Circle with Shirley Paul
West Ballroom	Keeping Your Memory Healthy Jonathan M. Evans, M.D.	How to Begin Exercising Regularly Christine Peterson, M.D., & Tom Miller, M.S.	Spotlight on Supplements Susan Dunlap		Office-Based Facial Cosmetic Procedures Stephen Park, M.D., & Tina Miller	
James Monroe	Women, Stress & Inner Peace Heather Lee, LCSW	Simple Meals for Busy People & Cooking Demonstration w/Theresa Anderson R.D., & Omni Chef Shane Gonsalves			Chinese Medicine & Women's Health Jody Foreman, MSW, L.Ac.	
Ashlawn	PIXA	PIXA	PIXA		PIXA	
Highland	Posture Evaluation	Posture Evaluation	Posture Evaluation		Posture Evaluation	
Clark	Cardiovascular & Diabetes Risk	Cardiovascular & Diabetes Risk	Cardiovascular & Diabetes Risk		Cardiovascular & Diabetes Risk	
Madison	Hearing Screening	Hearing Screening	Hearing Screening		Hearing Screening	
Monticello	Under Pressure: You & Your Eye Health	Under Pressure: You & Your Eye Health	Under Pressure: You & Your Eye Health		Under Pressure: You & Your Eye Health	
Lewis	Stress for Success	Stress for Success	Stress for Success		Stress for Success	
Montpelier	Labyrinth	Labyrinth	Labyrinth		Labyrinth	
Preston I	Assessing Your Risk for Type 2 Diabetes Cindy Sanborne, MSN, CNS, RN, CDE	Herbal Toxicology Andy Baer, M.D.	Energy Healing: The New Mind/Body Power Therapies Laura Skauge		Do What Feels Good AND Lower Your Breast Cancer Risk Jennifer Harvey, M.D.	
Preston II	YogaRhythmics: The Dancing Path of Yoga Beth Ann Bartley	Alternatives to HRT Catherine Zuver, R.N.	T'ai C'hi Hiromi Johnson		Digestive Tract Issues for Women Sheila Crowe, M.D., & Beth Dierdorf	
2nd Floor Hospitality Suites 233,234	Massage	Massage	Massage		Massage	

screenings

descriptions

Vision Screening & Assessment

Under Pressure? You and Your Eye Health. Glaucoma check and information on a myriad of eye health concerns such as macular degeneration, cataracts and the need for bifocals (presbyopia) will be covered.

Hearing Screening

This screening is for individuals who believe they may have a slight hearing loss and will help to determine whether the participant should schedule a full hearing evaluation with an audiologist.

Cardiovascular & Diabetes Risk Assessment

Cardiac & diabetes risk identification, blood pressure measurement and individual counseling on how to reduce risk factors.

PIXA Screening

This screening measures the bone density in your heel as an early indicator for bone loss.

Postural Screening With Women in Mind

Postural abnormalities should never be considered a normal part of the aging process. Each participant will receive a postural evaluation to identify her individual muscle tightness as well as weakness. Simple postural exercises will also be taught.

Stress Assessment: Stress for Success

One of the best ways to manage stress effectively is to know your current level and identify ways to improve or manage your stress. IQ Health of Virginia Employee Assistance Program is providing a brief, free and confidential stress screening to help determine your stress level.

Massage

Enjoy a relaxing 15-minute massage. A variety of massage types are used and seated as well as table massage will be offered.