



Third Annual
Women's Wellness Conference

**LIVING
PHENOMENALLY**

REGISTRATION FORM

Early Registration Deadline:

February 25, 2008; Registration Fee: \$15

Registration Deadline:

March 1, 2008; Registration Fee: \$20

Registration Fee includes:

Closing Keynote Address and Lunch.

PLEASE MAKE CHECKS PAYABLE TO:

MONROE COMMUNITY COLLEGE

Send Payments to:

Monroe Community College
ATTN: Melany J. Silas
Damon City Campus
228 East Main Street
Rochester, NY 14604

For questions and comments, please contact:

Melany J. Silas

585.262.1547

msilas@monroecc.edu

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EVENT SCHEDULE

- 8 – 8:45 am Breakfast & Registration
- 8 – 9:00 am Welcome
- 9 – 9:50 am Opening Keynote Address

10 – 10:50 am Workshop Session I

- 1. Healthy Aging
- 2. Intro to Self Defense
- 3. Emotional Wellness 101
- 4. Empowered Parents
- 5. Professional Development 101

11 – 11:50 am Workshop Session II

- 1. Involved Families
- 2. Communicating Powerfully
- 3. Self-Care: Nurturing the Soul
- 4. Successful Financial Planning I
- 5. Intro to Boxing

12 noon – 12:50 pm Workshop Session III

- 1. Women Mentoring Relationships
- 2. Soul Fitness
- 3. Financial Planning II
- 4. Emotional Wellness 102

1 – 2 pm Closing Keynote and Lunch

2 – 3 pm Vendor Displays

The conference will include: vendor displays, raffles and door prizes throughout the day.

Registration is required for the conference.

Morning workshops and continental breakfast are included in registration. Payment of the registration fee is required for those attending the closing keynote address and lunch.

Parking Available in Lot M



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To help women cultivate an awareness of self, from a health and wellness perspective, by providing them with information and practical skills to support their development mentally, emotionally, socially and physically.



Saturday, March 8, 2008

Monroe Community College
1000 East Henrietta Road, Rochester
Warshof Conference Center
R. Thomas Flynn Campus Center
8 am – 3 pm

Presented by

MCC's Health & Physical Education
Department

Sponsored by

Delta Sigma Theta Sorority, Inc.
Rochester Alumnae Chapter

American Association for Women in
Community Colleges – MCC Chapter
Tawa Pano Unity Fellowship Church

Workshop Descriptions

Healthy Aging: This workshop will cover the basics of fitness and nutrition as well as key elements to healthy aging.

Introduction to Self-Defense: This interactive workshop will provide basic skill in self-defense training. Participants should wear loose clothing bring a towel and water.

Emotional Wellness 101: This workshop will cover the effects that fear, faith, forgiveness and unforgiveness can have on our overall health and wellness.

Empowered Parents This workshop will focus on effective ways for parents to build relationships with school systems, enabling parents in becoming stakeholders in their children's education.

Professional Development 101: This workshop will address topics such as managing success as a woman, preparing for promotion, and propelling careers to the next level.

Involved Families This workshop focuses on family demographics and the state of education for working families and single parent households.

Communicating Powerfully: This workshop addresses the importance of communicating powerfully both verbally and nonverbally. Learning to communicate effectively and powerfully can lead to successful and empowering encounters.

Self-Care: Nurturing the Soul: This workshop will cover the necessity of practicing self care, mind, body and spirit. Participants should be prepared to explore their inner selves.

Successful Financial Planning I: This workshop will address key components to eliminating debt, budgeting, and building healthy credit.

Introduction to Boxing: This interactive workshop will cover the basic elements of boxing, which lends to an excellent workout. Participants should wear loose clothing bring a towel and water.

Women Mentoring Relationships: This workshop will focus on the importance and the benefits of mentoring relationships between women. Topics include roles, responsibilities, length of relationships and much more.

Soul Fitness: This interactive workshop will be fun and energetic! Participants will workout to fun and funky beats. Participants should wear loose clothing bring a towel and water.

Successful Financial Planning II: This workshop will cover fundamental principles of investing, retirement planning, and savings.

Emotional Wellness 102: The workshop provides an overview of the components necessary for emotional wellbeing. Topics covered include: decision making, time management, prioritizing and other factors that contribute to stress.

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All registrants must fill out this form. Registrants attending lunch and closing keynote please submit form along with registration fee.

Name _____
Address _____
City, State, Zip _____
Telephone # _____ Email _____

Please indicate the workshop numbers of your choice below (1-5):

Session I 10: – 10:50 am	Session II 11 – 11:50 am	Session III 12 noon – 12:50 pm
Choice #1 _____	Choice #1 _____	Choice #1 _____
Choice #2 _____	Choice #2 _____	Choice #2 _____