

Monroe Community College's
Women's Wellness Conference

TOTAL WOMAN: MIND, BODY & SPIRIT

REGISTRATION FORM

Early Registration Deadline:

February 28, 2007; Registration Fee: 15.00

Registration Deadline:

March 5, 2007; Registration Fee: 20.00

(Registration Fee Includes:

Closing Keynote Address and Lunch.)

PLEASE MAKE CHECKS PAYABLE TO:

MONROE COMMUNITY COLLEGE

Send Payments to:

Melany J. Silas • Damon City Campus
Health & Physical Education Department
228 East Main Street, Rochester, NY 14604

Contact Information

For questions or comments, please contact:

Melany J. Silas

Health & Physical Education Department
585-262-1547 • msilas@monroecc.edu

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Women's Wellness Conference

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EVENT SCHEDULE

8:00 am – 8:45 am Breakfast & Registration

8:50 am – 9:00 am Welcome

9:00 am – 9:50 am Opening Keynote Address

10:00 am – 10:50 am Workshops Part 1

1. Women's Health
2. Introduction to Self Defense
3. HIV and AIDS
4. Fear, Faith and Forgiveness

11:00 am – 11:50 am Workshops Part 2

1. Communicating Powerfully
2. Introduction to Boxing
3. Self-Care: Nurturing the Soul
4. Diabetes and Heart Disease
5. Successful Financial Planning (Part 1)

12:00 pm – 12:50 pm Workshops Part 3

1. Relationships
2. Cancer
3. Soul Fitness
4. Successful Financial Planning (Part 2)
5. Success Stamina

1:00 pm – 2:00 pm Lunch & Vendors

2:00 pm – 2:50 pm Closing Keynote Address

2:50 pm – 3:00 pm Closing Remarks

3:00 pm – 4:00 pm Vendors

Conference will include: Vendors, Raffles,
and Door Prizes throughout the day.

Morning Workshops and Continental

Breakfast **FREE** to all registrants.

Registration is required for the workshops
and breakfast. Registration Fee is required
for 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 the practical skills that might assist in
their development mentally, emotionally, socially,
and physically.



Delta Sigma Theta Sorority, Incorporated

Saturday, March 10, 2007

Monroe Community College

1000 East Henrietta Road

Rochester, New York

Warshof Conference Center

R. Thomas Flynn Campus Center

8:00 am – 4:00 pm

Presented by

Monroe Community College

Health & Physical Education

Department

Sponsored by

Delta Sigma Theta Sorority, Inc.

Rochester Alumnae Chapter

Workshop Descriptions

Women's Health: 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.

HIV and AIDS: HIV / AIDS is still an epidemic. The workshop will cover statistics, and safe practices that will hinder the contraction of this virus. This workshop will also address how to effectively live with the virus.

Fear, Faith and Forgiveness: This workshop will cover the effects that fear, faith, forgiveness and unforgiveness can have on our overall health and wellness.

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

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.

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.

Diabetes and Heart Disease: Heart Disease is the #1 cause of Death in Americans today. Women are especially at risk. This workshop will cover warning signs of heart disease and provide practical suggestions on healthy living and eating. This workshop will also cover the different types of diabetes and provide nutritional information to prevent and control diabetes.

Successful Financial Planning (Part 1): This workshop will address key components to eliminating debt, budgeting, and building healthy credit.

Relationships: This workshop will cover all aspects of being a good steward of all relationships (marriage, friendships, and dating relationships.) It will also touch on how women can become more embracing of one another.

Cancer: This workshop will cover information relating to cancer, including yearly check-ups, warning signs, different types of cancers and treatment.

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

Successful Financial Planning (Part 2): This workshop will cover fundamental principles of investing, retirement planning, and savings.

Success Stamina: This workshop will address topics such as managing success as a woman, preparing for promotion, and will give key advice as to how to propel to the next level.

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 #1 10:00 am – 10:50 am
Choice #1 _____
Choice #2 _____

Session #2 11:00 am – 11:50 am
Choice #1 _____
Choice #2 _____

Session #3 12:00 pm – 12:50 pm
Choice #1 _____
Choice #2 _____