



Fourth Annual  
Women's Wellness Conference

**REFOCUSED, REVIVED  
AND RENEWED**

**REGISTRATION FORM**

**Early Registration Deadline:**

April 5, 2010; Registration Fee: \$25

**Registration Deadline:**

April 16, 2010; Registration Fee: \$30

**Registration Fee includes:**

All Workshops and Meals.

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

**REFOCUSED, REVIVED  
AND RENEWED**

**EVENT SCHEDULE**

8 – 8:50 am Breakfast & Registration

Welcome & Vendors

9 – 10:20am Workshop Session I

1. Healthy Aging
2. Personal Safety 101
3. Emotional Wellness I
4. Successful Financial Planning I
5. Professional Development I

10:30 – 11:50am Workshop Session II

1. Home Ownership I
2. Professional Development II
3. Nurturing the Soul-Journaling
4. Successful Financial Planning II
5. Zumba

12 noon – 1:20pm Lunch & Vendors

(Special Presentations)

1:30 – 2:50pm Workshop Session III

1. Women Mentoring Relationships
2. Soul Fitness
3. Home Ownership II
4. Nutrition
5. Yoga

3-4pm Closing Keynote

4-5 pm Vendor Displays

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

**Parking Available in Lot M**



Fourth Annual  
Women's Wellness Conference

**REFOCUSED, REVIVED  
AND RENEWED**

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, May 1, 2010**

Monroe Community College  
1000 East Henrietta Road, Rochester  
Warshof Conference Center  
R. Thomas Flynn Campus Center  
8 am – 5 pm

*Presented by*

MCC's Health & Physical Education  
Department

*Sponsored by*

**American Association for Women in  
Community Colleges – MCC Chapter**



## Workshop Descriptions

### **Session I:**

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

Personal Safety 101: This interactive workshop will provide basic skill in personal safety. Participants should wear loose clothing bring a towel and water.

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

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

Professional Development I: This workshop will address issues surrounding successfully juggling: career, family and social life.

### **Session II:**

Home Ownership I: This workshop provides an overview of what is necessary in purchasing a home. It will also cover grants and other forms of funding for first time home buyers.

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

Nurturing the Soul- Journaling: This workshop will explore self care practices through the art of writing. Journals will be provided and participants should be prepared to explore their inner selves.

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

Zumba: This interactive workshop will challenge you to move and groove while burning calories. Participants should wear loose clothing bring a towel and water.

### **Session III:**

Women Mentoring Relationships: This workshop will focus on the importance and the benefits of mentoring relationships between women of all ages. 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.

Home Ownership II: This workshop provides an overview for how to make your house a better home. Renovating options and basic decorating techniques will be explored, along with money saving strategies that every home owner should know.

Nutrition: This workshop explores healthy eating, along with body composition and healthy strategies for weight loss and maintenance.

Yoga: This interactive but relaxing workshop will connect mind and body through basic techniques of stretching. Participants should wear loose clothing bring a towel and water.

***REFOCUSSED, REVIVED, RENEWED***

*All registrants must submit registration fee along with this form..*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Telephone # \_\_\_\_\_ Email \_\_\_\_\_

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

Session I 9 – 10:20 am

Choice #1 \_\_\_\_\_

Choice #2 \_\_\_\_\_

Session II 10:30 – 11:50 am

Choice #1 \_\_\_\_\_

Choice #2 \_\_\_\_\_

Session III 1:30 – 2:50 pm Vegetarian Meal \_\_\_\_\_

Choice #1 \_\_\_\_\_

Choice #2 \_\_\_\_\_



Fourth Annual  
Women's Wellness Conference

**REFOCUSED, REVIVED  
AND RENEWED**

**REGISTRATION FORM**

**Early Registration Deadline:**

April 5, 2010; Registration Fee: \$25

**Registration Deadline:**

April 16, 2010; Registration Fee: \$30

**Registration Fee includes:**

All Workshops and Meals.

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

**REFOCUSED, REVIVED  
AND RENEWED**

**EVENT SCHEDULE**

8 – 8:50 am Breakfast & Registration

Welcome & Vendors

9 – 10:20am Workshop Session I

1. Healthy Aging
2. Personal Safety 101
3. Emotional Wellness I
4. Successful Financial Planning I
5. Professional Development I

10:30 – 11:50am Workshop Session II

1. Home Ownership I
2. Professional Development II
3. Nurturing the Soul-Journaling
4. Successful Financial Planning II
5. Zumba

12 noon – 1:20pm Lunch & Vendors

(Special Presentations)

1:30 – 2:50pm Workshop Session III

1. Women Mentoring Relationships
2. Soul Fitness
3. Home Ownership II
4. Nutrition
5. Yoga

3-4pm Closing Keynote

4-5 pm Vendor Displays

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

**Parking Available in Lot M**



Fourth Annual  
Women's Wellness Conference

**REFOCUSED, REVIVED  
AND RENEWED**

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, May 1, 2010**

Monroe Community College  
1000 East Henrietta Road, Rochester  
Warshof Conference Center  
R. Thomas Flynn Campus Center  
8 am – 5 pm

*Presented by*

MCC's Health & Physical Education  
Department

*Sponsored by*

**American Association for Women in  
Community Colleges – MCC Chapter**



## Workshop Descriptions

### **Session I:**

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

Personal Safety 101: This interactive workshop will provide basic skill in personal safety. Participants should wear loose clothing bring a towel and water.

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

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

Professional Development I: This workshop will address issues surrounding successfully juggling: career, family and social life.

### **Session II:**

Home Ownership I: This workshop provides an overview of what is necessary in purchasing a home. It will also cover grants and other forms of funding for first time home buyers.

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

Nurturing the Soul- Journaling: This workshop will explore self care practices through the art of writing. Journals will be provided and participants should be prepared to explore their inner selves.

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

Zumba: This interactive workshop will challenge you to move and groove while burning calories. Participants should wear loose clothing bring a towel and water.

### **Session III:**

Women Mentoring Relationships: This workshop will focus on the importance and the benefits of mentoring relationships between women of all ages. 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.

Home Ownership II: This workshop provides an overview for how to make your house a better home. Renovating options and basic decorating techniques will be explored, along with money saving strategies that every home owner should know.

Nutrition: This workshop explores healthy eating, along with body composition and healthy strategies for weight loss and maintenance.

Yoga: This interactive but relaxing workshop will connect mind and body through basic techniques of stretching. Participants should wear loose clothing bring a towel and water.

**REFOCUSED, REVIVED, RENEWED**

*All registrants must submit registration fee along with this form..*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Telephone # \_\_\_\_\_ Email \_\_\_\_\_

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

Session I 9 – 10:20 am

Choice #1 \_\_\_\_\_

Choice #2 \_\_\_\_\_

Session II 10:30 – 11:50 am

Choice #1 \_\_\_\_\_

Choice #2 \_\_\_\_\_

Session III 1:30 – 2:50 pm Vegetarian Meal \_\_\_\_\_

Choice #1 \_\_\_\_\_

Choice #2 \_\_\_\_\_