



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.

### LIVING PHENOMENALLY

*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 _____