Screenings/Activities
- Balance and Posture
- Blood Pressure
- Body Mass Index
- Book Fair
- Cardiovascular Risk
- Dental Health
- Glaucoma
- Injury and Movement
- Lab Work
- Massage
- Pelvic Floor Disorders
- Varicose Veins
- Yoga

Information
- Acupuncture
- Adult Education
- Alzheimer’s
- Autoimmune Disease
- Breast Cancer
- Breastfeeding
- Corporate Wellness
- Clinical Research Opportunities
- Eldercare
- Fertility
- Finance
- Health Insurance
- Healthy Aging
- Heart Health
- Hospice Care
- Meal Planning
- Neurological
- Nutrition
- Oral Hygiene
- Ovarian Cancer
- Pain Management
- Parenting
- Physical Therapy
- Retirement Living
- Scleroderma
- Sleep
- Stroke Prevention
- Vascular Surgery
- Wellness

Platinum Financial Sponsors

17th Annual
Omaha Women’s Health & Wellness Conference
Let’s Talk: What You Need to Know But Won’t Ask

Friday, Oct. 3, 2014
8 a.m. to 4:30 p.m.
La Vista Conference Center
12520 Westport Parkway
La Vista, Neb.

Keynote Presenters:
Renaissa Anthony, MD, MPH
Ally Dering-Anderson, PharmD
Pat Blankenship
3) Exercise: The BEST Medicine!

Jeanie Harmon, PhD, ACSM-HFD
UNMC Home Instead Center for Successful Aging

Exercise is powerful in treating and even preventing disease. We will discuss the leading causes of death and discover how exercise can lower these risk factors.

2:30 p.m.

3 p.m.

Refreshment Break and Exhibits

Breakout Session (choose 4, 5 or 6)

4) What Happens to the Body When Hormones Wane?

Jancie J. Lewis, PhD, APRN-BC, WHNP-BC
UNMC College of Nursing

Many changes occur in a woman’s body during menopause, and in some women, they can cause great discomfort. Together we will explore these changes and discuss ways to offer relief, including the pros and cons of hormone therapy.

5) Myth-Busters: Exposing Truths about Magical Hormones

Andjela Drinic, MD
UNMC Department of Internal Medicine;
The Nebraska Medical Center Diabetes Center

This talk will focus on answering questions related to various hormones and supplements that promise numerous health benefits. Interactive and engaging, Dr. Drinic will provide expert and practical health advice aimed at answering your common questions on topics such as the role of hormones in appetite regulation and weight control, the thyroid and how it affects our health, the truth about anti-aging supplements, and why testosterone supplements are in the news.

6) Happy Hour for the Brain

Barbara Bayer, APRN
UNMC Department of Psychiatry;
UNMC Department of Neurological Sciences

This session will focus on preventative maintenance strategies to maximize brain fitness examining the effects of physical activity, nutrition, socialization, mental stimulation, and beliefs. Factors affecting memory and cognitive function as a person ages will also be discussed along with some of the abnormal brain changes associated with dementia.

4:10 p.m.

4:30 p.m.

Closing Session: Evaluations and Door Prizes

Pat Blankenship

How Whole-Person Wellness Changed My Life

Participant, UNMC EngAge Wellness Program

Date of birth (please provide if having blood work performed) __________________

Flu Vaccine + $20 ____. (Influenza A, Influenza B, and two types of the same strain of influenza B virus.)

Lipid, Glucose, CBC  + $17 _____ (Includes lip panel, glucose, complete blood count.)

Lipid, Glucose, CBC + Flu Vaccine + $20(TSH for thyroid $7 ____)

Total = $________

Note: The health screenings listed below require pre-registration. Place an “X” by the health screenings that you would like to participate in. You will receive a letter in the mail confirming your registration and indicating your appointment time for these screenings.

Authorization for release of health information: I give permission for health screening(s) to be provided by the University of Nebraska Medical Center and for the results to be used for educational purposes (may be shared with the person or the person’s immediate family).

Registration Deadline: Sept. 26