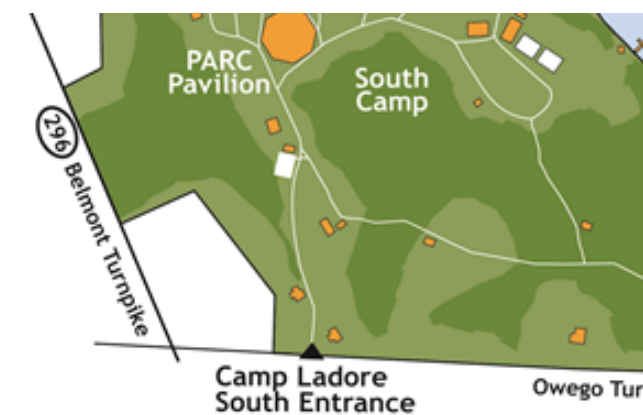


A buffet luncheon is included in the symposium fee.
For special dietary needs, call 570-253-8990 by Monday, April 17, 2023.

Lobby exhibitors: Bath & Body by Waterpure, Inc.; Wayne Memorial Hospital Auxiliary Gift Box.
Please Note: No children are allowed in the workshops.



*Special thanks to our co-sponsor
Wayne Memorial Hospital
Auxiliary*

Women Only Luncheon Symposium

Friday, April 21, 2023
Ladore Conference Center
PARC Pavilion
287 Owego Turnpike
Waymart, PA



*8:45 AM - 2:00 PM
Registration is Required
Space is Limited
Register Early!*

Sponsored by



WAYNE MEMORIAL
HEALTH SYSTEM, INC.

Come and indulge yourself with information devoted entirely to your health, your mind, and your body. We are offering a variety of workshops to enrich your life with a renewed sense of health and vitality.

- 8:00 Registration, coffee & light breakfast
- 8:45 Welcome
- 9:00 Keynote - Magic or Mindset? Dr. Brittney Tunilo, PhD, LPC, CSOTP, TF-CBT, EMDR Trained
- 9:35 Break
- 9:45 Session 1
- 10:40 Break
- 10:50 Session 2
- 11:45 Break
- 11:55 Session 3
- 12:50 Buffet Luncheon

Name _____

Address _____

Phone _____

Email _____

Symposium fee \$50.00.

Checks payable to Wayne Memorial Hospital. Mail with completed form to: Community Relations, Wayne Memorial Hospital, 601 Park Street, Honesdale PA 18431 Or by credit card - call 570-253-8990.

Workshop size limited: filled on a first come, first-serve basis. List a 2nd & 3rd choice.

Session 1 (pick 1st, 2nd & 3rd choices)
 POUND
 This is Grief
 Brain Health Strategies

Session 2 (pick 1st, 2nd & 3rd choices)
 Spring Craft Project
 Women and Heart Health
 Magic or Mindset continued...

Session 3 (pick 1st, 2nd & 3rd choices)
 Navigating Stress and Finding Balance
 U-R-IN The Right Place
 Drive Your Financial Future

Session 1 - 9:45 to 10:40

1. POUND with Glow Fitness – Kat McGowan & Jeanette Espinal, Certified Group Fitness Instructors and Co-creators/owners of GLOW FITNESS. POUND is the one & only ROCKOUT WORKOUT! Internationally known for it’s alternative vibe and welcoming atmosphere for any age/any stage, POUND unleashes your inner rock star! Get ready to move your body and make some noise. Class size limited.

2. This is Grief – Sara Wentz, LPC, WMCHC Behavioral Health... Don’t fear being broken. Let’s review the stages of grief in a safe space and how to create your own experience of grief and loss. We will review the individuality of grief and how each person copes with feelings of grief and loss. We will also learn that the stages are only a tool and are not set in stone or a predictable pattern. Grief can be chaotic and understanding that each person may visit stages at different times and/or repeatedly can help bring awareness to how we view the process.

3. Brain Health Strategies – Carrie Demers, MD, PureRejuv... We are all terrified of getting dementia. In this session, Dr. Carrie presents the current data on the best way to keep your brain healthy and strong through lifestyle, diet and stress-management. We’ll also look at myths vs truths regarding supplements, herbs and medications.

Session 2 - 10:50 to 11:45

1. Spring Craft Project – Suzanne Guie, WMH... Have fun and get creative decorating a flower pot and making flower or herb garden markers. Class size limited.

2. Women and Heart Health – Lori Jordan, CRNP - Women and heart disease - Are there still disparities? Discussion will be focused on statistics of women and heart disease and the disparities in the management of cardiac treatment between men and women.

3. Magic or Mindset continued – Dr. Brittney Tunilo, PhD, LPC, CSOTP, TF-CBT, EMDR Trained... Every single mind is different, just like every person’s experience of life is different. The same experiences can lead to different thoughts, and different thoughts lead to different behaviors. What if we had the ability to control the outcome of our lives? Would we? Would you? This workshop aims to help each participant take control of their minds. We don’t have much control in this world, but control over our mindset is something no one can take from us, and it’s powerful. The workshop includes some fun activities to show you what you’re capable of, and challenge you to grasp control of your thoughts.

Session 3 - 11:55 to 12:50

1. Navigating Stress and Finding Balance – Jen Kiesendahl, Maggie Lehrian, Amanda Masters, Bright Communities... Join this informative and experiential workshop to learn about the stress cycle, how to move through challenging events and generalized stress, and ways to use the resources of your body, breath, and mind to return to balance. Gentle movements, guided awareness exercises, and friendly conversation will leave you feeling refreshed and better equipped to take care of yourself!

2. U-R-IN The Right Place To Talk About Bladder Health – Eric Rittenhouse, MD, WMCHC... Do you have frequent trips to the rest room? Are you afraid to laugh, sneeze, cough? A discussion of common bladder health concerns, overview of treatments and prevention techniques.

3. You’ve Got the Keys: Drive Your Financial Future – Kate Bryant, CFO and Senior Vice President, The Honesdale National Bank... You are in the driver’s seat of your financial future. Learn the tips and tricks to staying in control and managing your financial destiny.