



“WOW- Women of Wellness” was created to bring timely and important healthcare topics to you. Topics will address your physical, mental, psychosocial and spiritual health and how you can have “Balance” in all aspects of your life. The keynote presenter is Dr. Christine Hegstad, Ph.D, who is the owner of MAP Professional Development, Inc. She holds a Ph.D. in Human Resource Development from the University of Illinois at Urbana-Champaign; M.A. in Human Resource Management from the University of Illinois at Urbana-Champaign; B.A. in sociology and Human Services from the University of Minnesota at Morris.

Agenda:

7:00-8:30 AM Health Risk Appraisals and Health Screenings – As part of an Iowa Department of Public Health Community Wellness Grant, Women of Wellness Conference participants are invited to have blood lipid panels and comprehensive Health Risk Appraisals at no cost to them. Those wishing to participate will need to sign a waiver to release information for group reporting, no individual information will be identified in the community report and the lipid profile is free for you if you participate in the group report. Each participant will be mailed their own personal results, but aggregate results will be anonymous. The blood lipid panel will require a 12-hour fasting period prior to the blood draw. Completing the Health Risk Appraisal will require approximately 5-10 minutes. Appointments to complete the blood lipid panel and health risk appraisal are required and will take place from 7:00 AM-8:30 AM prior to the start of the general session. To schedule an appointment for your health screening and health risk appraisal interested conference participants may call Iowa Valley Continuing Education at 641-752-4645. If you do not want your data to be a part of the total group data the lipid profile will cost \$15 and will be payable to McFarland Clinic at the time of the blood draw.

Free Health Screenings will include body fat analysis, blood pressure, and peripheral vascular screening.

8:50-9:50 AM Keynote address by Dr. Christine Hegstad, Ph.D., “Healthy Balance For Happy Women”.

- Discover how the balance or lack of balance in your career, physical well-being, spirituality, financial health, family, friendship, space/physical environment, and personal growth contribute to your level of happiness. Nurses 0.12 CEUs.

9:50-10:00 AM Break

10:00-10:50 AM Break-out session one

11:00-11:50 AM Break-out session two

11:50-1:00 PM Lunch and panel discussion from breast cancer survivors, “Women Helping Women through the Breast Cancer Journey”.

- Gain a deeper understanding of the breast cancer journey and how you can support other women. Nurses 0.06 CEUs.

1:00-1:30 PM Wrap-up and evaluations

Break-out Session Speakers and Topics-

Dr. Laura Lasack, MD, McFarland Clinic, PC, Family Medicine, “Promoting Wellness in Women Throughout Life”.

- Understand health screening recommendations and what the results mean for you throughout your life. Nurses 0.10 CEUs.

Stacey Loftus, RD, LD, Certified Health Coach, HealthMarket Manager, Marshalltown Hy-Vee, “New Foods in 2010”.

- Discover the new foods in your grocery store, the health benefits, how to prepare them and how to integrate them into your menus. Nurses 0.10 CEUs.

Angie Paxson, BA, Health and Wellness Director, Community Y of Marshalltown, “Strength Training 101”.

- Understand how different exercises work the different muscle groups in your body and recognize how to implement a weight training program using proper sequence, speed, resistance, range, progression, and frequency. Nurses 0.10 CEUs.

Kileen Rezac, CFP, Branch Office Manager and Financial Planner, SagePoint Financial, Inc., “Financial Wellness for Women”.

- Gain a basic understanding of financial savings, investment options, retirement plans and the tools and techniques to create a “well” financial plan for women and your family. No nursing CEUs.

Audience: All healthcare professions and women from all walks of life including, nurses, social workers, marriage and family therapists, moms, daughters, and friends.

Fee: \$30 for nurses and healthcare professionals which covers materials, lunch and certificate.
\$25 for general public women which covers materials and lunch.

CEUs/CEHs: Nurses – up to 0.38 CEUs through Iowa Valley Continuing Education, Iowa Provider #18. Social Workers, Marriage and Family Therapists, Nursing Home Administrators, will be given a certificate of completion. 100% attendance is required for CEU/CEH credit.

Sponsors: MMSC Foundation, McFarland Clinic, The Community Y, and Iowa Valley Continuing Education

Location: Iowa Valley Continuing Education, 3702 S. Center St, room 808 DeJardin Hall, Marshalltown, IA

You May Register:

- By Phone: 641-752-4645 or 800-284-4823.
- In person: IVCE, 3702 South Center, Marshalltown, IA 50158.
- Please include the following information: name, address, phone number, social security number, professional license number, if you want to participate in the lipid profile screening, course name and course number, and payment method.
- **Registration and payment deadline 3-19-10.**

WOW-Women of Wellness, Registration Form (Please Print)

Name _____
Home Address _____
City _____ State _____ Zip Code _____
Home Phone () _____ Work Phone () _____
Cell Phone () _____ Birth Date _____
Profession _____ License number _____
Social Security Number _____

Check the session(s) you are registering for-
___ WOW-Women of Wellness for Healthcare Professionals wanting CEUs, HEP 2001-010, \$30.
___ WOW-Women of Wellness for the general public women, HEW 2001-011, \$25.
___ Fasting Lipid Profile, call 752-4645 to schedule your screening time.

Payment Method-

___ Check Enclosed, payable to IVCE
___ Charge to my MasterCard/Visa/Discover account number _____
Expiration Date _____
___ Bill to my employer who is _____
Address _____
City _____ State _____ Zip Code _____
Phone number () _____, Supervisor Name _____

This flier can be found at <http://www.iavalley.edu/ivce/certification/HealthCareersTraining.html>, and at IVCE current events <http://www.iavalley.edu/ivce/ivceNews.htm>.

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Iowa Valley Continuing Education

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IowaValley.com



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Community Y of Marshalltown

