

“TREASURE WOMEN”

*Due to varying temperatures in
the building, you may want to wear
layered clothing.*

*Cell phones are allowed —
on vibrate only.*

**Directions to conference from I-80:
Merge onto I-29 S at EXIT 4 toward
KANSAS CITY. Take EXIT 42.
Turn LEFT onto IA-370. Stay
STRAIGHT on BUNGE Ave.
(CR-H10 becomes BUNGE AVE / IA-
935.) Turn RIGHT onto WABASH
AVE / CR-L35 / 221st ST. Turn LEFT
onto BARRUS ROAD (Sign pointing
toward Mineola). Turn LEFT on to
230th STREET. Follow 1/4 mile to
the bend in the road & you will see
the sign for The Fountains.**

Planning Committee

Sheri Bowen, Administrator,
Mills County Public Health
Ann Pavkov, RN, Mills County Public Health
Anne Smith, LBSW, Mills County Public Health
Mary Gunderson, Glenwood Area
Chamber of Commerce
Jeannie Van Maasdam, Glenwood Area
Chamber of Commerce
Linda Washburn, Glenwood Area
Chamber of Commerce
Tina Recker, PAC, Methodist Physicians Clinic,
Glenwood

“TREASURE WOMEN”



Women’s Health Conference

Thursday, April 15, 2010

**The Fountains Ballroom
51496—230th Street
Glenwood, IA 51534**

Sponsored By:



"Treasure Women"

SPEAKERS AND OBJECTIVES

"Treasure Women"

AGENDA

April 15, 2010

- 7:30 - 8:00a Registration
- 8:00 - 9:00a
•Skin Cancer...Detection and Treatment
Dr. Scott M. DeBates, M.D.
Board Certified Dermatologist
- 9:00 - 9:30a Break
- 9:30 - 11:30a
•Depression is Only Part of the Story
Rita Paskowitz
University of Nebraska,
Omaha
- 11:30a - 12:00p
•Stretch and Move
Diana Burchett
ACE Certified
- 12:00 - 1:00p Lunch
- 1:00 - 2:00p
•How to Maintain Your Brain
Rosalie Shepherd
Alzheimer's Association
- 2:00 - 2:30p Break
- 2:30 - 4:00p
•Finding Happiness in the Craziness of Life
Kathy Peterson
People Works, Inc.

Dr. Scott M. DeBates, M.D.,
Board Certified Dermatologist
Participants will learn the latest information on detection and treatments of skin cancer for themselves and those they care for.

Rita Paskowitz,
University of Nebraska, Omaha
Participants will learn signs and symptoms to look for and ways to work with those who are dealing with depression.

Diana Burchett, ACE Certified
Director of Mills County YMCA
Participants will participate and learn safe movement techniques for themselves and those they care for.

Rosalie Shepherd
Alzheimer's Association
Participants will learn how Alzheimer's affects the brain, how making lifestyle changes can help keep a healthy brain into old age and the ten steps to a heart/brain healthy lifestyle.

Kathy Peterson
People Works, Inc.
Participants will learn cutting-edge, specific, proven strategies to help them address their unique needs and challenges in working with various populations.

Fee: \$40.00
To Receive CEUs Fee: \$50.00
(includes lunch and breaks)
Register Early Seating Limited

Name

Address

City/State/Zip

Telephone Number

(A limited number of scholarships are available to attend the conference. Please request applications at the Chamber Office.)

CEUs provided by:

IOWA WESTERN COMMUNITY COLLEGE

Iowa Board of Nursing Provider #6 - .72 CEUs

Nebraska Nurses Association - 7.2 Contact Hours

Social Workers - 7.2 Contact Hours

PT & OT - 7.2 Contact Hours

EMS Course # 10-1300-980E - 6 Contact Hours

REGISTRATION DEADLINE

April 8, 2010

**\$10.00 LATE FEE applies after this date.
No refunds after this date.**

Make Checks Payable To &

Return To:

**Glenwood Area Chamber of Commerce
32 1/2 North Walnut
Glenwood, IA 51534
(712) 527-3298**