This year’s conference will be held in the ballroom of the Gettysburg College Union Building. Registration is required. The registration deadline is March 5, 2015. At that time, fiscal charge and credit card charges will be made available. Charges shall be subject to reimbursement by WellSpan Gettysburg Hospital and credit card and registrations will also be accepted. Registration will be honored in the order they are received with payment. Due to space limitations, registrations will be accepted until 1 p.m.

Cancellations: Cancellations will be accepted until 1 p.m. Fee is non-refundable. Substitutions will be accepted.

Registration Deadline: March 5, 2015

Payment Method:
- Check
- Charge
- Cash
- Credit Card

Workshop Session III

1 to 1:45 p.m. (Please choose one)

301: Healing from Hurt
Bunny Worner, Wellness Coordinator, WellSpan Employee Assistance Program
Holistic healing from pain take care of the process usually doesn’t include your outer appearance. This workshop explores the challenges of everyday self-care and emotional healing, and moving towards health. C.E.U. & M.E.U. credit will be awarded in recognition of your/your employee’s involvement.

302: Your Magic Girdle – The Muscles that Support Your Spine
Deborah L. Bernal, MD, WellSpan Spine Center
Girdles have been used by women since the middle ages both for vanity and for back support. This program discusses how to use your own pelvic floor, abdominal and back muscles to support your back and prevent aDeveloper validates. Information that is helpful and appropriate for recognizing potential problem situations. Basic self-defense techniques also discuss emotional resilience, and potential sources of hope. This workshop will include basic concepts in self-defense, avoiding and improving your nutritional intake from REAL foods: garden to table. You may have the farmer gene, or you may not. There are many recommendations will be reviewed.

304: Personal Safety for Women – A Course in Self Defense
Vince Fannon, Dublin Karate Academy
The workshop will include basic concepts in self-defense, avoiding and overcoming potential problem situations. Basic self-defense techniques will be demonstrated. Information that is helpful and appropriate for recognizing potential problem situations will be reviewed.

SILENT AUCTION

Once again this year, we will hold a silent auction with proceeds benefitting the Adams County Breast Cancer Coalition and WellSpan Gettysburg Hospital mammogram fund. Please be sure to stop by the table and bid on the items donated by various community members. Bids will be accepted until 1 p.m.

Optional Fingerstick Blood Sugar Screening – 7 to 8 a.m.

Optional A Cup of “Joe” and Let it Go!
3:15 to 3:30 p.m.

Closing Remarks/Dessert Announcement/Evaluation/Prizes to be presented.
A day full of information on a variety of women's health topics

Program
7 to 8 a.m.: Welcome
Registration/Continental Breakfast/Exhibits
7 to 8 a.m.: Keynote Speaker
K.J. Reimensnyder-Wagner, Senior Vice President, WellSpan Gettysburg Hospital
8:45 to 9:30 a.m.: Workshop Sessions I
Workshop Session I: How to Avoid Type II Diabetes and Why It Matters
8:45 to 10:30 a.m. (Choose one)
Better Back Yoga
Diane Falb, RN, MS, RYT, WellSpan Center for Women's Health
Most of us experience pain in the upper or lower back at some point in our lives. This workshop will explore the causes behind the pain and introduce basic stretches for pain management.

Managing Your Perimenopause/Premenopause Symptoms: Medications and Non-Pharmaceutical Therapies
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Learn the latest information about menopause therapy, medications used to treat us as well as body, mind, and spirit therapies, and other helpful and wholesome changes to help cope with these life-changing changes.

Carbohydrate Confusion and Agendas
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Are unrefined carbohydrates helpful for diabetes risk reduction and weight loss? What's going on with all the blood sugars? It's a topic for discussion.

Nutritionists and personal trainers
Joy Hugle, WellSpan Rehabilitation
Join Jacke, with your favorite morning beverage, for some time to do stretches for your body and mind. It's an amazing way to get you ready for the day.

9:30 to 10:30 a.m.: Workshop Sessions II
Workshop Session II: How to Avoid Type II Diabetes and Why It Matters
10:45 to 11:30 a.m. (Choose one)
Better Back Yoga
Diane Falb, RN, MS, RYT, WellSpan Center for Women's Health
Most of us experience pain in the upper or lower back at some point in our lives. This workshop will explore the causes behind the pain and introduce basic stretches for pain management.

Managing Your Perimenopause/Premenopause Symptoms: Medications and Non-Pharmaceutical Therapies
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Learn the latest information about menopause therapy, medications used to treat us as well as body, mind, and spirit therapies, and other helpful and wholesome changes to help cope with these life-changing changes.

Carbohydrate Confusion and Agendas
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Are unrefined carbohydrates helpful for diabetes risk reduction and weight loss? What's going on with all the blood sugars? It's a topic for discussion.

Nutritionists and personal trainers
Joy Hugle, WellSpan Rehabilitation
Join Jacke, with your favorite morning beverage, for some time to do stretches for your body and mind. It's an amazing way to get you ready for the day.

Keynote Speaker
K.J. Reimensnyder-Wagner, K.J. Smiles, Inc.
K.J. is an inspirational singer, songwriter and a recent years has been chosen as the keynote speaker for many conferences featuring healthy attitudes towards food and body image. As K.J. travels the US and UK with seven CD projects in release, she also helps begin recording an upcoming CD of her Fan Favorites. K.J. has already traveled on the right path of singing. Her second CD project, an album of original songs and an acoustic release as an album of acoustic songs. After being burdened with the loss of her husband in 2003, K.J. is now a resident of Central Pennsylvania, near her birthplace town of WellSpan Health. She has already written nearly a dozen songs on her new release, which she is proud to share with you.

Opening Speaker
Jane Hyde
Senior Vice President, WellSpan, Women's Health and President, WellSpan Gettysburg Hospital
Jane Hyde has supported her experience as a healthcare executive into a senior leadership role in south central Pennsylvania's largest not-for-profit health system. As a resident of the town of Mifflinburg in summers, K.J. is now a resident of central Pennsylvania, near her birthplace town of WellSpan Health. She has already written nearly a dozen songs on her new release, which she is proud to share with you.

Workshop Session I
9:45 to 10:30 a.m.
Better Back Yoga
Diane Falb, RN, MS, RYT, WellSpan Center for Women's Health
Most of us experience pain in the upper or lower back at some point in our lives. This workshop will explore the causes behind the pain and introduce basic stretches for pain management.

Managing Your Perimenopause/Premenopause Symptoms: Medications and Non-Pharmaceutical Therapies
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Learn the latest information about menopause therapy, medications used to treat us as well as body, mind, and spirit therapies, and other helpful and wholesome changes to help cope with these life-changing changes.

Carbohydrate Confusion and Agendas
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Are unrefined carbohydrates helpful for diabetes risk reduction and weight loss? What's going on with all the blood sugars? It's a topic for discussion.

Nutritionists and personal trainers
Joy Hugle, WellSpan Rehabilitation
Join Jacke, with your favorite morning beverage, for some time to do stretches for your body and mind. It's an amazing way to get you ready for the day.

9:30 to 10:30 a.m.
Better Back Yoga
Diane Falb, RN, MS, RYT, WellSpan Center for Women's Health
Most of us experience pain in the upper or lower back at some point in our lives. This workshop will explore the causes behind the pain and introduce basic stretches for pain management.

Managing Your Perimenopause/Premenopause Symptoms: Medications and Non-Pharmaceutical Therapies
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Learn the latest information about menopause therapy, medications used to treat us as well as body, mind, and spirit therapies, and other helpful and wholesome changes to help cope with these life-changing changes.

Carbohydrate Confusion and Agendas
Marianne Jolin, CNM, WellSpan Certified Nurse Midwife
Are unrefined carbohydrates helpful for diabetes risk reduction and weight loss? What's going on with all the blood sugars? It's a topic for discussion.

Nutritionists and personal trainers
Joy Hugle, WellSpan Rehabilitation
Join Jacke, with your favorite morning beverage, for some time to do stretches for your body and mind. It's an amazing way to get you ready for the day.

Wednesday, May 15, 2013
7 a.m. to 3:30 p.m.
A day full of information on a variety of women's health topics

**Program**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 to 8:30 a.m.</td>
<td>Registration/Continental Breakfast/Fishbowl</td>
</tr>
<tr>
<td>7 to 8 a.m.</td>
<td>First Finger Blood Sugar Screening (registration is required)</td>
</tr>
<tr>
<td>8:30 to 9:30 a.m.</td>
<td>Welcome, Opening Speaker: Jane Hyde</td>
</tr>
<tr>
<td>9:45 to 10:15 a.m.</td>
<td>Workshop Session I (Please choose one)</td>
</tr>
<tr>
<td>10:45 to 11:15 a.m.</td>
<td>Workshop Session II (Please choose one)</td>
</tr>
</tbody>
</table>

**Workshop Session I (Please choose one)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45 to 10:30 a.m.</td>
<td>Better Back Yoga</td>
</tr>
<tr>
<td></td>
<td>K.J. Reimensnyder-Wagner, K.J. Smile, Inc.</td>
</tr>
<tr>
<td></td>
<td>Most of our caregivers experience pain in our upper or lower back at some point in our lives. In this workshop, K.J. will guide participants through a pain-free stretching program designed to reduce muscle tension and improve flexibility. You will learn how to use this program to reduce your pain and improve your posture. If you’re experiencing pain in your neck, back, or shoulders, this workshop is for you. If you’re looking for new ways to relieve your stress and pain, this workshop is for you.</td>
</tr>
</tbody>
</table>

**Workshop Session II (Please choose one)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:45 to 11:30 a.m.</td>
<td>What’s on Your Plate</td>
</tr>
<tr>
<td></td>
<td>K.J. Reimensnyder-Wagner, K.J. Smile, Inc.</td>
</tr>
<tr>
<td></td>
<td>The workshop will focus on women’s health and how it affects our daily lives. You will learn how to read a nutritional label, how to choose healthy foods, and how to make healthy choices for your family. You will also have the opportunity to ask questions about how to get started on a healthy eating plan.</td>
</tr>
</tbody>
</table>

**Select Workshop Sessions you prefer to attend:**

<table>
<thead>
<tr>
<th>Workshop Session I (Please choose one)</th>
<th>Workshop Session II (Please choose one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Select Workshop Sessions you prefer to attend: Please mark yes or no to the right of each session as session sizes are limited.

**Keynote Speaker**

K.J. Reimensnyder-Wagner, K.J. Smile, Inc.

K.J. is an inspirational singer-songwriter and a mother of two who has been the keynote speaker for many conferences. Her original songs have been featured on the soundtrack of the movie “Bridesmaids.” K.J. was also the lead vocalist on the hit song “Birdy,” which was featured in the movie “Mamma Mia.” K.J. has been featured in many publications and has performed at many events around the world. K.J. has also been featured in many publications and has performed at many events around the world. K.J. has also been featured in many publications and has performed at many events around the world.

**Program**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 to 8:30 a.m.</td>
<td>Registration/Continental Breakfast/Fishbowl</td>
</tr>
<tr>
<td>7 to 8 a.m.</td>
<td>First Finger Blood Sugar Screening (registration is required)</td>
</tr>
<tr>
<td>8:30 to 9:30 a.m.</td>
<td>Welcome, Opening Speaker: Jane Hyde</td>
</tr>
<tr>
<td>9:45 to 10:15 a.m.</td>
<td>Workshop Session III (Please choose one)</td>
</tr>
<tr>
<td>10:45 to 11:15 a.m.</td>
<td>Workshop Session IV (Please choose one)</td>
</tr>
</tbody>
</table>

**Workshop Session III (Please choose one)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 to 10:15 a.m.</td>
<td>T’ai Chi Chih: Joy Through Movement</td>
</tr>
<tr>
<td></td>
<td>Barb Hines, WellSpan Center for Mind/Body Health</td>
</tr>
<tr>
<td></td>
<td>Learn this series of relaxing gentle, slow movements designed to help you learn to let go and learn to better breathe. You can use these movements to help you calm your mind, improve your balance, and reduce stress.</td>
</tr>
</tbody>
</table>
This year's conference will be held in the ballroom of the Gettysburg College Union Building. Registration is required and fees are non-refundable. Substitutions will be accepted. The program includes presentations, workshops, and networking opportunities. The keynote speaker is Cindy Gilbert. The registration deadline is March 5, 2015.}

Optional Fingerstick Blood Sugar Screening – 7 to 8 a.m.

A special thank you to Gettysburg Hospital Auxiliary for their sponsorship.

Mail completed registration form and payment to:

Public Relations and Marketing Office, 147 Gettys Street, P.O. Box 3786, Gettysburg, PA 17325-0786

Registration deadline is March 5, 2015. Fee is non-refundable. Due to space limitations, registrations will be honored in the order they are received with payment.
### Program:

**Session I**

7 to 8 a.m.  
Registration/Continental Breakfast/Esbilations

7 to 8 a.m.  
Fatal Fingertip Blood-Screening (registration is required)

8:30 to 9:15 a.m.  
Welcome

8:30 to 9:30 a.m.  
Registration/Continental Breakfast/Esbilations

9:15 to 10 a.m.  
Welcome/Introductions

9:30 to 10 a.m.  
Mistress Mary, Quite Contrary - A Course in Self Defense

10 to 10:45 a.m.  
What’s on Your Plate

10:45 to 11:30 a.m.  
Carbohydrate Confusion and Agendas

11:30 a.m. to 12 p.m.  
Lunch/Exhibitors

12 to 1 p.m.  
Women's Health in the Workplace

11:30 a.m. to 12 p.m.  
Carbohydrate Confusion and Agendas

12 to 1 p.m.  
What’s on Your Plate

1:30 to 2:15 p.m.  
Lunch/Exhibitors

1:30 to 2:15 p.m.  
Carbohydrate Confusion and Agendas

2:15 to 3 p.m.  
Lunch/Exhibitors

2:15 to 3 p.m.  
What’s on Your Plate

3 to 3:45 p.m.  
Cultivating Your Wellness with Creativity and Nature's Blessings

3 to 3:45 p.m.  
T’ai Chi Chih: Joy Through Movement

3:45 to 4:30 p.m.  
T’ai Chi Chih: Joy Through Movement

3:45 to 4:30 p.m.  
Cultivating Your Wellness with Creativity and Nature's Blessings

4:45 to 5:30 p.m.  
T’ai Chi Chih: Joy Through Movement

### Session II:

10:45 to 11:30 a.m.  
Mistress Mary, Quite Contrary - A Course in Self Defense

11:30 a.m. to 12 p.m.  
Carbohydrate Confusion and Agendas

12 to 1 p.m.  
What’s on Your Plate

1:30 to 2:15 p.m.  
Lunch/Exhibitors

2:15 to 3 p.m.  
Carbohydrate Confusion and Agendas

3 to 3:45 p.m.  
T’ai Chi Chih: Joy Through Movement

3:45 to 4:30 p.m.  
What’s on Your Plate

4:45 to 5:30 p.m.  
T’ai Chi Chih: Joy Through Movement

### Workshop Sessions:

**Workshop Session I**

8:45 to 10:30 a.m.  
Choose everyone

**Workshop Session II**

10:45 to 11:30 a.m.  
Choose everyone
**Women’s Health & Wellness Conference**

**Planting the seeds for good health**

**Saturday, March 14, 2015**

Gettysburg College Union Building

7 a.m. to 3:30 p.m.

---

**REGISTRATION**

Registration Deadline:
March 5, 2015

---

**Registration:**
This year’s conference will be held in the ballroom of the Gettysburg College Union Building. Registration is required and limited. The registration fee is $45, payable by check or credit/debit card. Checks should be made payable to WellSpan Gettysburg Hospital and credit/debit card registrations will also be accepted. Registration deadline is Thursday, March 5, 2015. Registration includes continental breakfast, lunch, dessert, and educational materials. This is a day of relaxation and pampering. Be sure to dress in layered, comfortable clothes and shoes.

**Cancellation Policy:**
Cancellation of a non-refundable registration will be demonstrated. Information that is helpful and appropriate for recognizing potential problem situations. Basic self-defense techniques include easy answers. This program will explore the challenges involved in emotional healing, and in moving forward from hurt. We’ll also discuss emotional resilience, and potential sources of hope.

**Workshop Session III**

**1 to 1:45 p.m. (Please choose one)**

301. **Personal Safety for Women – A Course in Self Defense**

- **Vince Fannon,** Dubbs Karate Academy
- **Clinical Dietitian, WellSpan Gettysburg Hospital**
- **Marta Smith, MS, RD, LN, & Joyce Martin, RD, CDE**
- **Holly Mowery, Wellness Coordinator, WellSpan Employee Assistance Program**

- **Closing Remarks/Door Prize Announcement/Evaluations**

- **3:15 to 3:30 p.m.**

302. **Your Magic Girdle – The Muscles that Support Your Spine**

- **Deborah L. Bernal, MD, WellSpan Spine Center**
- **Holly Mowery, Wellness Coordinator, WellSpan Employee Assistance Program**

303. **Healing from Hurt**

- **K.J. Reimensnyder-Wagner, Keynote Speaker & Dessert**

304. **Personal Safety for Women – A Course in Self Defense**

- **Vince Fannon,** Dubbs Karate Academy

The workshop will include basic concepts in self-defense, avoiding and recognizing potential problem situations. Basic self-defense techniques include easy answers. This program will explore the challenges involved in emotional healing, and in moving forward from hurt. We’ll also discuss emotional resilience, and potential sources of hope.

---

**Optional Fingerstick Blood Sugar Screenings – 7 to 8 a.m.**

- **Holly Mowery, Wellness Coordinator, WellSpan Employee Assistance Program**

**Optional A Cup of “Joe” and Let it Go!**

- **K.J. Reimensnyder-Wagner**

Healing from hurt can take time, and the process usually doesn’t include easy answers. This program will explore the challenges involved in emotional healing, and in moving forward from hurt. We’ll also discuss emotional resilience, and potential sources of hope.

---

**Women’s Health & Wellness Conference**

*Planting the seeds for good health*

*Saturday, March 14, 2015*

Gettysburg College Union Building

7 a.m. to 3:30 p.m.

---

**Mail completed registration form and payment to:**

Public Relations and Marketing Office, 147 Gettys Street, P.O. Box 5796, Gettysburg, PA 17325-0796

*Register on-line at www.wellspan.org*

Call Cindy Gilbert at (717) 337-4272, ext. 1 with any questions.

Register early – Seating is limited.

Registration deadline is March 5, 2015

Due to space limitations, registrations will be honored in the order they are received with payment.

---

**SPEAKERS & SESSIONS**

- **Vince Fannon,** Dubbs Karate Academy
- **Clinical Dietitian, WellSpan Gettysburg Hospital**
- **Marta Smith, MS, RD, LN, & Joyce Martin, RD, CDE**
- **Holly Mowery, Wellness Coordinator, WellSpan Employee Assistance Program**
- **K.J. Reimensnyder-Wagner**

---

**Optional A Cup of “Joe” and Let it Go! (morning stretch) 7:30 to 8 a.m.**

Please select Workshop Sessions you prefer to attend on reverse side.

---

**A special thank you to Gettysburg Hospital Auxiliary for their sponsorship.”**

---

**SILENT AUCTION**

Once again this year, we will hold a silent auction with proceeds benefitting the Adams County Breast Cancer Coalition and WellSpan Gettysburg Hospital mammogram fund. Please be sure to stop by the table and bid on the items donated by various community members. Bids will be accepted until 1 p.m.