



Woodloch Springs Country Club is located on Route 590E, approximately 5 miles outside of Hawley, Pa. and 2 miles from Woodloch Pines Resort.

Women Only Luncheon Symposium

Friday, April 26, 2019
Woodloch Springs, Hawley, PA



8:45 AM ~ 2:30 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 and Coffee
- 8:45 Welcome
- 9:00 Keynote – "Choosing to Live Life Mindfully" — Gayle Castellani studied and practiced Mindfulness under the direction of Phil Sallavanti of CALM of NEPA and Mindful Schools
- 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
- 2:00 Drawing for Door Prizes

*A sumptuous buffet luncheon is included in the symposium fee.
For special dietary needs, call 507-253-8990 by Monday, April 22, 2019.*

*Lobby exhibitors: Bath & Body by Waterpure, Inc.,
Bloom, The Other Shops*

Please Note: No children are allowed in the workshops.

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

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)

_____ *Mindful Meditation*

_____ *Dodge Dementia*

_____ *Herbs and All That Entails*

Session 2 (pick 1st, 2nd & 3rd choices)

_____ *You May Be The Winner*

_____ *Natural Pain Solutions*

_____ *Beading Smiles*

Session 3 (pick 1st, 2nd & 3rd choices)

_____ *Stress, Let's Laugh About It!*

_____ *Communication Techniques*

_____ *Party Line Dancing*

Session 1 - 9:45 to 10:40

1. *Mindful Meditation – Gayle Castellani* ... Come join this growing mindfulness community as we sit, pause and slow life down just a bit to help rejuvenate the mind, body and spirit. Take this time for yourself. Learn how to reduce stress, improve focus, concentration and develop the ability to respond thoughtfully to life's challenges

2. *Dodge Dementia! Stats and Strategies' – Barbara Griggs-Pratt, MA, RDN, LDN – WMH & Eileen Arenson, CRNP, MSN – WMCHC...* Incidence of Alzheimer's, other types of dementia and causes, diagnosis and treatments followed by evidence based lifestyle strategies to reduce your risk!

3. *Herbs and All That Entails – Suzanne Guie – WMH...* Learn about herbs and their many uses from growing, harvesting, beverages, cooking, baking, health, beauty and animal benefits.

Workshop sizes limited.
Make sure to list a 2nd and 3rd choice for each session.

Session 2 - 10:50 to 11:45

1. *You May Be The Winner – Linda Helgerman – WMH, Information Services...* If it sounds too good to be true, it probably is. Technology touches almost every aspect of our lives, making it easier, better, faster and even more fun. We have changed the way we stay in touch with family and friends, manage our finances and shop. But, all this technology can also be scary when you read headlines about identity theft. This presentation will give you some basic tips for safeguarding yourself and your privacy.

2. *Natural Integrative Pain Solutions – Dr. Theresa Oswald – PureRejuv Wellness Center, The Himalayan Institute...* Come experience first-hand the mind body connection's power to reduce pain. Learn from pain solution expert Dr. Oswald her top four essential straightforward pain relief strategies.

3. *Beading Smiles – Maryann Corey – Bloom Shop, LonaKona Cancer Retreat...* You will be making a beautiful glass beaded bracelet. No additional fee.

Session 3 - 11:55 to 12:50

1. *Eustress, I Stress, We All Stress, So Let's Laugh About It! – Brittney Wolf, MA, LPC – VIP...* Learn physical body strategies to alleviate stress that might knot bodies, and mindfulness approaches that may free our minds from stress-related thoughts. Practice techniques you can do on your own, and interactive discussions - to change pieces of our world to better accommodate our mind and body.

2. *Communication Techniques for Care Partners – Kristen Shipy, MSW, CDP – Alzheimer's Association Greater PA Chapter...* Communication – sending and receiving messages through attitude, tone of voice, facial expressions and body language. As Alzheimer's and dementia patients progress, use of words is lost. Learn to decode their verbal and behavioral messages and identify strategies to connect and communicate.

3. *Party Line Dancing-Fun & Fitness – Henrietta Zumpono, BS, MA – Woodloch...* Get moving, low impact cardio workout as you participate and learn several popular party-style line dances. As much fun as being at a wedding without bringing a gift!