

A buffet luncheon is included  
in the symposium fee.  
For special dietary needs,  
call 570-253-8422 by  
Monday, April 21, 2025.



Please Note:  
Children are not  
allowed in the workshops.

## Schedule

8:00 Registration and  
Light Breakfast items

8:45 Welcome

9:00 Keynote – *Navigating Hard  
Conversations: From Theory to  
Practice* – **Ryanne Jennings**,  
President/CEO Wayne County  
Community Foundation

9:35 Break

9:45 Session 1

10:40 Break

10:50 Session 2

11:45 Break

11:55 Session 3

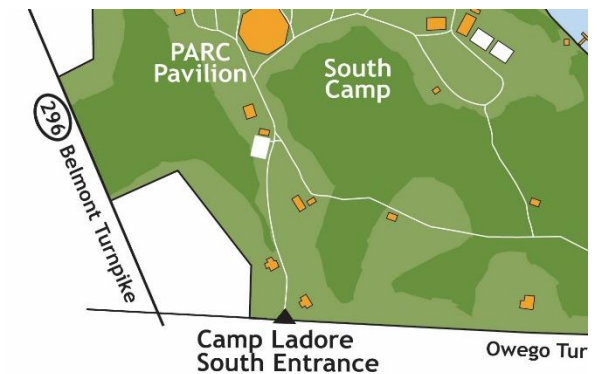
12:50 Buffet Luncheon

1:50 Drawing for Door Prizes

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.

# Women Only Luncheon Symposium

Friday, May 2, 2025  
Ladore Conference Center  
PARC Pavilion,  
287 Owego Turnpike  
Waymart, PA



WAYNE MEMORIAL  
HOSPITAL  
An Affiliate of Wayne Memorial Health System, Inc.

Special thanks to our co-sponsor  
Wayne Memorial Hospital  
Auxiliary

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

Symposium fee \$60.00.  
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)**

- ☐ Grand Connections  
☐ Nutrition Myths and Facts  
☐ Pressed Flower Jar (limited)

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

- ☐ Women’s Self Defense  
☐ Sugar Cookie Decorating 101 (limited)  
☐ Keeping Your Bones & Joints Strong

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

- ☐ Skeletal Muscle  
☐ Stories That Connect  
☐ Sleep Empowerment

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**Session 1 - 9:45 to 10:40**

*1. Grand Connections – Betty Lawson, Children’s Librarian at Wayne County Public Library...this workshop is designed to help grandparents create meaningful connections with their grandchildren through the joys of reading and simple art projects. Come foster a love of learning and play while strengthening the grandparent-grandchild relationship.*

*2. Nutrition Myths and Facts – Barbara Griggs Pratt, MA, RDN, LDN & Mary Beth Nogan, MS, RDN, LDN, Wayne Memorial Hospital Nutrition Services...learn evidence-based information on various nutrition topics like GMO’s, salt and salt substitutes, sugar and sugar substitutes and oils (seed oils) to clear up misconceptions about safety, regulation, uses and nutritional value.*

*3. Pressed Flower Jar – Jean Tuttle, Community Relations, Wayne Memorial Hospital...decorate a glass mason jar with pressed flowers. Can be used with a tea light for a night light or in your house décor. (Space limited)*

**Session 2 - 10:50 to 11:45**

*1. Women’s Self Defense Crash Course – Ripley and Gary at Train City Kickboxing...we will be discussing the effects of trauma, the most common trauma responses and how to react in the presence of threat.*

*2. Sugar Cookie Decorating 101 – Heather Hogan-Spencer, Bode Tree...participants will learn the recipes to create and techniques to decorate professional looking sugar cookies, ices with royal icing. Piping, flooding, and additional decorative techniques will be demonstrated. Create some of your own to take with you! (Space limited)*

*3. Keeping Your Bones & Joints Strong – Carrie Demers, MD, PureRejuv & Chris Novoa, Cross-Fit, Honesdale ...Dr. Demers and Coach Chris will explain the anatomy of bones and joints; why arthritis and osteoporosis are so common, and what we can do with exercise/movement, nutrition and relaxation to both prevent and reverse these conditions.*

**Session 3 - 11:55 to 12:50**

*1. Skeletal Muscle is the Organ of Longevity – Stacy Brown, owner of Get Flexy...information about how strength, stretch and souls work saved her life from a cerebral aneurysm. The skeletal muscle is key to longevity, learn how yoga, stretching and strength training all connect. Stacy will demonstrate chair movement and breathing exercises with audience participation.*

*2. Stories That Connect: The Art of Listening and Sharing – Arrah Fisher, Executive Director and Amanda Masters, Director of Programming, both at The Cooperaage Project...this interactive workshop builds upon the keynote’s concept of Bridging, bringing it to life through the twin arts of active listening and storytelling.*

*3. Sleep Empowerment – Christina Cobb, CRNP & Barbara Chopyk, LCSW... this workshop will explore reasons you don’t get a good night’s sleep and some things you can do differently to help. Sleep apnea and other breathing issues can be a culprit but everyday habits can also be the problem.*