

The Many Facets of Women

Join in the
fun and
wear
your
"bling!"

Focus on Women Resource Day
Tuesday, April 12, 2011
3:30-8:00 p.m.
Bayside Supper Club

Sponsored by Beaver Dam Community Hospitals, Inc.

3:30-8:00 p.m.

Booths and exhibits ongoing

Exhibits will be available with information on health education, services provided by area agencies, as well as products and therapies to "pamper" the woman in you. Please take time to visit these exhibits before or during the presentations and break times between speakers. Booths will be located in the front dining room and in the lower level. Free health screenings will be offered on a first-come, first-served basis.

A light sandwich buffet will be available from 4:00-6:30 p.m. for all registered guests. **A \$5.00 non-refundable registration fee is required with your pre-registration.**

4:00-4:30 p.m.

"Be a Tourist in Your Own Backyard" Philip Fritsche, Beaver Dam Chamber of Commerce

Many people take for granted the recreational and tourist attractions in and around their own communities. No matter the season, there are fun activities, entertaining venues and recreational activities for every interest. Get an introduction to what there is to see, do and experience right here in the Dodge County area and be a tourist in your own backyard!

4:30-5:00 p.m.

"Health and Safety while Traveling" Christopher Cieurzo, MD - BDCH Medical Clinics

Traveling, especially abroad, is an exciting undertaking. That excitement can turn to dismay when you are faced with some common traveling pitfalls. This talk will outline steps you can take to reduce the risks of illness and injury while you are traveling and will also discuss ways to maintain or improve your fitness on your trip.

5:00-5:30 p.m.

"The Agony of Aging" Sharon Haase, MD - UW Health - Beaver Dam

Dr. Sharon Haase will present some interesting "myths" and facts related to the aging female mind and body.

5:45-6:15 p.m.

"The Sun and the Sea" Effie Siomos, MD - Beaver Dam Women's Health

Dr. Effie Siomos will present information on how vitamin D and fish oil can keep you healthy.

6:15-6:45 p.m.

"Live Well, Laugh a Lot!" Madison Laughter Club

Get your "Giggle On" with these Joyologists! This group of certified Laughter Yoga Leaders/Teachers will help you become charged with joy through playful laughter and breathing exercises. Laughter releases a kiddy cocktail of chemicals including endorphins, natural pain killers and serotonin. Laughter makes us feel good; it brings people together and breaks down barriers.

7:00-8:00 p.m.

"Adultitis-free Lives" Jason Kotecki, a speaker, author and cartoonist - Madison, WI

Make your escape! Join Jason for a hilarious and uplifting look at how to stress less and have more fun amidst the busyness of life. Learn strategies to help you have more fun while getting more done, giving you a more rich and balanced life. Don't miss this refreshing, positive and upbeat presentation!

This resource day is coordinated by the following agencies committed to a healthy community: Beaver Dam Community Hospitals, Inc.; Dodge County Housing Authority; Dodge County Human Services & Health; Green Valley Enterprises; InSpire Magazine; Moraine Park Technical College; Parent Resource Place; PAVE; Psychiatric Associates; UW Extension

Questions? Call (920) 386-2866

Focus on Women Registration Form

Name _____ Address _____

City, State, Zip _____ Phone _____ Email _____

Registration required by April 5, 2011- first-come, first-served basis. Seating is limited.

\$5.00 non-refundable registration fee per person.

Checks made payable to: PAVE

Mail registration form and **\$5.00 per person** registration fee to:

Dodge County Housing Authority
491 East Center St., Juneau, WI 53039