



Knowledge is Power

**The Wellness Community - Foothills, Inc.
and Hon. Carol Liu, former Assemblymember**

Present

THE EIGHTH ANNUAL

Community Women's Educational Health Conference and Exposition

Friday, October 17, 2008
7:00 a.m. - 2:30 p.m.
Pasadena Hilton Hotel
168 South Los Robles Avenue

FRIDAY, OCTOBER 17, 2008

Join us for our Eighth Annual Community Women's Educational Health Conference and Exposition. While we continue to focus on cancer-related topics, other important health issues will be discussed.

Schedule

7:00 a.m. – 12:00 p.m.
Registration and Check-in

7:00 a.m. – 2:30 p.m.
Educational Exposition/Booths

8:00 – 10:00 a.m.
Educational Breakfast
Keynote Speaker: *Dr. Juanita Watts, Regional Women's Health Coordinator, Kaiser Permanente*

12:30 – 2:00 p.m.
Luncheon
Speaker: *Hon. Karen Bass, Assembly Speaker (invited)*

9:00 a.m.
BREAKOUT SESSION:

NO WOMEN, NO CURE:
Engendering Women's Participation in HIV/AIDS Research
Speakers from AIDS Research Alliance: *Colleen Murphy, Associate Director, Community Education and Soraya Pepper, Community Educator*

EXERCISE AND YOU -
Simple tips for better health
Speaker: *Monica Blake, Exercise Instructor*

THE MOST ESSENTIAL STEPS TO REVERSING AGE IN WOMEN -
Speaker: *Jayme Hirashiki*

THE THREE SOLUTIONS TO YOUR HEALTH
Speaker: *Dr. Nazee Rofagha*

10:30 a.m.
BREAKOUT SESSION II

THE EMOTIONAL SIDE OF CANCER:
Support is key
Speakers: *Matt Loscalzo, MSW, Director of the Sheri & Les Biller Patient and Family Resource Center, City of Hope; Julie Davey, Writing for Wellness and Litsa Mitchell, MA, LMFT, The Wellness Community*

WHAT IS YOUR HEART TELLING YOU?
Women and cardiovascular disease
Speaker: *Claudia Bonilla Keller, SVP and Executive Director Los Angeles American Heart Association*

AM I AT RISK FOR CANCER?
A guide to understanding genetics in breast and ovarian cancer
Speaker: *Jeffrey N. Weitzel, MD, Director, Clinical Cancer Genetics and Cancer Screening & Prevention Program, City of Hope*

TO YOUR HEALTH:
A five-step guide to better health
Speakers: *Monica Montes, Registered Dietician and Stacey Park, Curves owner*

PROJECT ALERT ALZHEIMER'S LINKS TO EDUCATION, RESEARCH AND TRAINING
Speaker: *Reta Floyd, MD*

11:30am
BREAKOUT SESSION III

THE EMOTIONAL SIDE OF CANCER:
Support is key
Speakers: *Matt Loscalzo, MSW, Director of the Sheri & Les Biller Patient and Family Resource Center, City of Hope; Julie Davey, Writing for Wellness and Litsa Mitchell, MA, LMFT, The Wellness Community*

MOTHERS, DAUGHTERS, SISTERS AND FRIENDS:
Breast cancer touches our lives
Speaker: *Leslie Bernstein, PhD, Professor and Director, Dept. Cancer Etiology, Division of Population Sciences, City of Hope*

TO YOUR HEALTH:
A five-step guide to better health
Speakers: *Monica Montes, Registered Dietician and Stacey Park, Curves owner*

LET'S GET REAL ABOUT DIABETES
Speakers from City of Hope Diabetes Program: *Mary Lou Hedemark, RN, CDE, Nurse Educator, and Beatriz Cruz, Registered Dietitian*

THE MOST ESSENTIAL STEPS TO REVERSING AGE IN WOMEN -
Speaker: *Jayme Hirashiki*

12:30 – 2:00 p.m.
LUNCHEON

HOW TO ACCESS MY LEGISLATOR Forum Luncheon
Speakers: *Hon. Karen Bass, Assembly Speaker (invited) and Hon. Carol Liu, former Assembly Member*

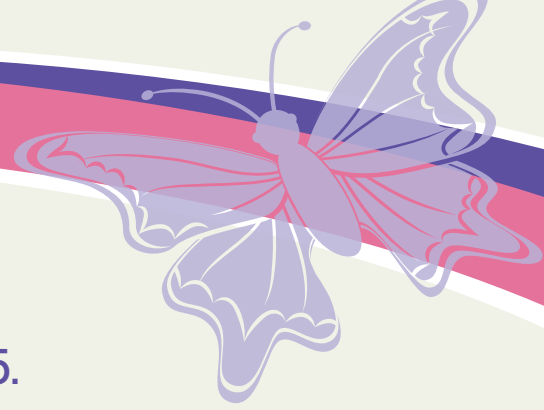
2:30 p.m. – ADJOURN

For event information:
LL Kennedy and Associates
(626) 993-4466
lkennedy@llkassociates.com

PARKING INSTRUCTIONS:

We recommend carpooling. The Hilton Hotel lot gets full. You may consider using other lots at:
[168 S. Los Robles Ave, \$8] [Paseo Mall, 300 East Green Street \$6] [150 Los Robles Ave. \$8]

Registration



Please complete and return by Thursday, September 25.

Registration includes conference materials/giveaways. The standard registration package includes a conference portfolio, souvenir conference journal, resource guide, and registrant badge, which provides admission to the welcoming breakfast, legislative-issues forum luncheon, exposition exhibit hall, and your choice of attending two specialized workshops and networking get-together.

Registrants must indicate their interest in attending the luncheon by selecting the legislative luncheon in the registration brochure. Luncheon registration is available until we reach full capacity.

NAME OF HOST

PHONE/E-MAIL:

GUEST NAME:

PHONE/E-MAIL:

YES, I WILL ATTEND THE FOLLOWING EVENTS:

- EDUCATIONAL EXPO(Open to General Public).....COST: FREE
- EDUCATIONAL BREAKFASTTHE BREAKFAST IS FULL (Invited by Committee Member).....COST: FREE
- LUNCHEON: HOW TO ACCESS MY LEGISLATOR(Individual Ticket: Open to public - must RSVP).....COST: \$25.00
- LUNCHEON: HOW TO ACCESS MY LEGISLATOR(Full table: 10 seats).....COST: \$250.00

WORKSHOP TOPICS (please select up to three workshops)

- | | |
|---|--|
| <input type="checkbox"/> NO WOMEN, NO CURE: 9:00 a.m.
Engendering Women's Participation in HIV/AIDS Research | <input type="checkbox"/> PROJECT ALERT ALZHEIMER'S LINKS TO EDUCATION, RESEARCH AND TRAINING 10:30a.m. |
| <input type="checkbox"/> EXERCISE AND YOU - SIMPLE TIPS FOR BETTER HEALTH 9:00 a.m. | <input type="checkbox"/> WHAT IS YOUR HEART TELLING YOU?10:30a.m
Women and cardiovascular disease |
| <input type="checkbox"/> THE MOST ESSENTIAL STEPS TO REVERSING AGE IN WOMEN 9:00 a.m. | <input type="checkbox"/> THE EMOTIONAL SIDE OF CANCER - Support is key 11:30a.m |
| <input type="checkbox"/> THE THREE SOLUTIONS TO YOUR HEALTH 9:00 a.m. | <input type="checkbox"/> MOTHER, DAUGHTERS, SISTERS AND FRIENDS: Breast cancer touches our lives 11:30 a.m. |
| <input type="checkbox"/> THE EMOTIONAL SIDE OF CANCER - Support is critical 10:30a.m | <input type="checkbox"/> TO YOUR HEALTH: A five-step guide to better health 11:30 a.m. |
| <input type="checkbox"/> AM I AT RISK FOR CANCER? 10:30a.m.
A guide to understanding genetics in breast and ovarian cancer | <input type="checkbox"/> LET'S GET REAL ABOUT DIABETES11:30a.m
The risk of diabetics in children and adults |
| <input type="checkbox"/> TO YOUR HEALTH: A five-step guide to better health10:30 a.m. | <input type="checkbox"/> THE MOST ESSENTIAL STEPS TO REVERSING AGE IN WOMEN - 11:30a.m |

Please make your check payable to: The Wellness Community - Foothills, Inc.

Mail registration form with check to:
LLKennedy & Associates, P. O. Box 40371, Pasadena, CA 91114

PLEASE DO NOT WRITE IN THIS SECTION - TO BE COMPLETED BY STAFF

Workshops: _____ TIME: _____

Attending Breakfast Yes NO Table # _____

Attending Luncheon Yes NO Host Organization _____

PREMIER SPONSORS:



CORPORATE SPONSORS:

U.S. Bank
Enterprise Rent-A-Car

BUSINESS SPONSOR:

City of Hope

The Wellness Community - Foothills, Inc.
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Phone: (626) 796-1083

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