



MAYO CLINIC

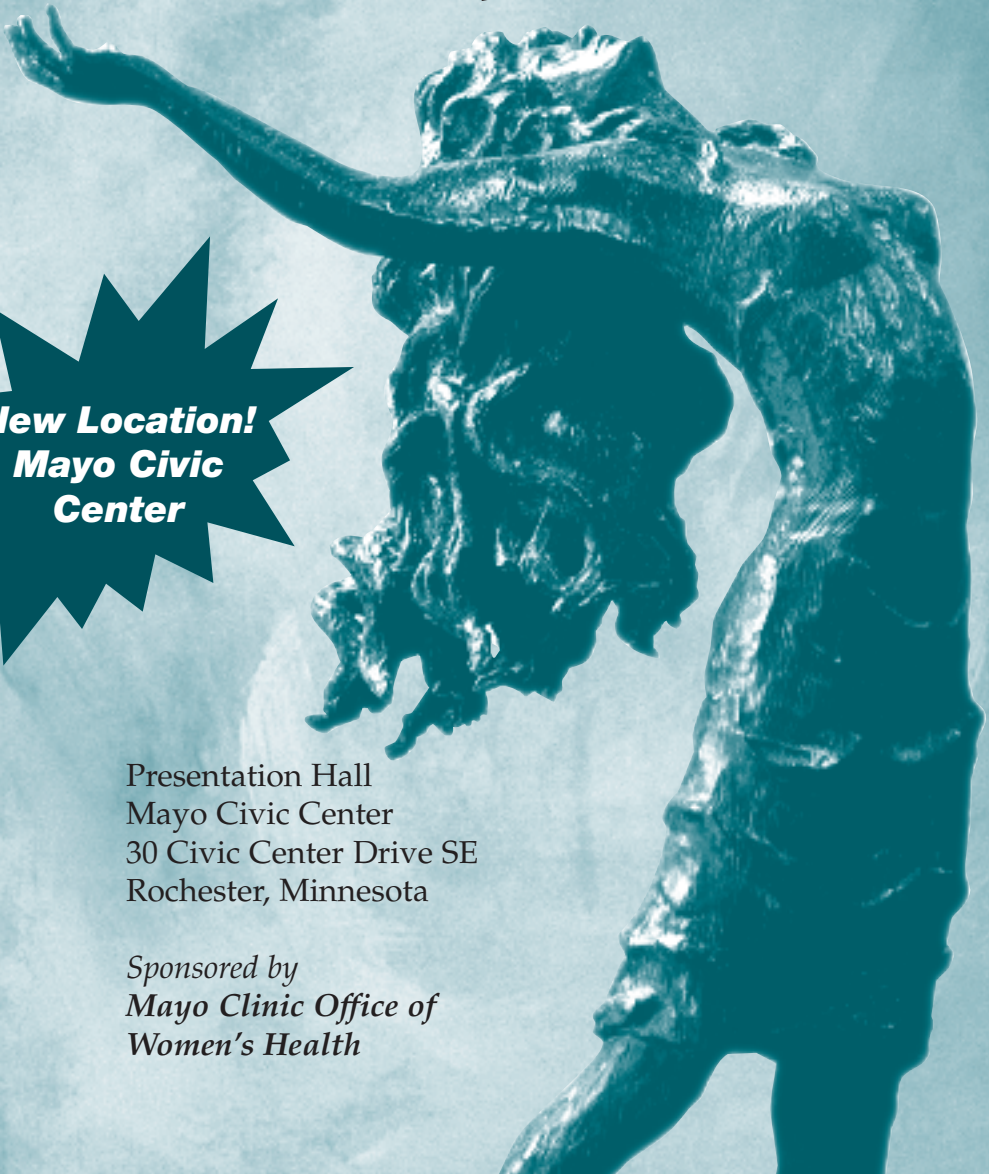
Women and Health:
A Time for You

Saturday, October 13, 2007
7:15 a.m. to 3:45 p.m.

New Location!
Mayo Civic
Center

Presentation Hall
Mayo Civic Center
30 Civic Center Drive SE
Rochester, Minnesota

Sponsored by
Mayo Clinic Office of
Women's Health



Women and Health: A Time for You

Mayo Clinic Office of Women's Health is pleased to host the 11th *Women & Health: A Time for You*. Our goal is to empower women to take a more active role in decisions regarding their health and the health of their family. The program will feature Mayo Clinic and community experts who will provide a broad offering of timely health and lifestyle information specifically for today's woman. This special day will begin and end with uplifting presentations by keynote speakers highlighting methods to improve your quality of life.

Take time for yourself and attend *Women and Health: A Time for You*.

The Power of One Good Habit

Discover how the tiniest habits, when done daily, can add up to a huge change in the way you look and feel. Make a different choice here, add a little movement there. Without dieting or deprivation you can rev up your metabolism to lose 50 pounds or take 50 points off your cholesterol in just one year! The math is really quite simple.

It's you plus the complete adaptation of one good habit after another that add up to success and a much healthier you!

America's Nutrition Leader, Zonya Foco, Registered Dietitian, Certified Health and Fitness Instructor, best-selling author, television host and Certified Speaking Professional, is on a mission to win the war on obesity, diabetes and heart disease. Her easy humor and dynamic style drive home the message that, when it comes to health and nutrition, each of us can change our lives with *The Power of One Good Habit*.



Zonya Foco

Look Like a Million ...without Spending It!

Here is practical help for working within a budget and looking terrific. If you struggle with decisions on what to wear and your closet is in chaos, help is here! Jill Krieger Swanson will demonstrate how you can look polished and put-together on a daily basis without spending a lot of time or money in the process. Learn to simplify your wardrobe and project a personal style that communicates beyond the spoken word.



Jill Krieger Swanson

Jill is a member of the Association of Image Consultants International, and has operated her Rochester-based style consulting firm since 1982. She is a consultant in the DISC Model of Human Behavior, certified by the Leadership Institute of America and a member and speaker for CLASServices. Jill's message is most easily exemplified in her new book, "Simply Beautiful, Inside and Out."

Photograph of the bronze sculpture, © Renaissance Woman (Celebration of Life), is used with permission of Charles Eugene Gagnon, sculptor, Rochester, Minn.

Schedule of Events

Saturday, October 13, 2007

- 7:15 a.m. **Registration & Continental Breakfast**
- 8:15 a.m. **Welcome**
Lynne Shuster, MD
Director, Office of Women's Health
- 8:25 a.m. **Keynote Address**
The Power of One Good Habit
Zonya Foco
- 9:40 a.m. **Break**
- 10:00 a.m. **Educational Session I**
- 11:00 a.m. **Educational Session II**
- 12:00 p.m. **Lunch & Women's Expo**
Civic Center Rooms & Riverside Rooms C&D
- | Group A | Group B |
|----------------|----------------|
| Noon – Lunch | Noon – Expo |
| 12:30 – Expo | 12:30 – Lunch |
- 1:30 p.m. **Educational Session III**
- 2:45 p.m. **Closing Address**
Look Like a Million...without Spending It!
Jill Krieger Swanson
- 3:30 p.m. **Wrap-Up and Evaluation**

Educational Sessions

Each participant may register for three sessions: two in the morning and one in the afternoon.

The Beat Goes On! Heart Health Tips that Really Work

Keeping your heart healthy is more than just "knowing your numbers" and quitting smoking. There are everyday choices you can make that have a great impact on your heart and those you live with. Get the scoop on what you need to know to "keep the beat."

Sharonne N. Hayes, MD, Mayo Clinic Women's Heart Clinic

To Be or Not to Be a Parent: The Scientific Foundations of Natural Family Planning

Natural family planning methods are scientifically based, easy to learn, and can be used for women with regular and irregular cycles. This group of methods uses natural biological markers in a woman's menstrual cycle to predict a fertile window used to achieve or to avoid pregnancy. With no side effects, this knowledge can enhance women's health.

Claudia Nassaralla, MD, PhD, Institute of Natural Family Planning at Marquette University

Grace, Fluidity & Elegance: Experience Awareness through Movement

Many of us have visions of staying active and able as we age; yet many of us feel our bodies are not cooperating with our desires. We have a powerful tool within ourselves to achieve our goals: awareness. Through awareness we can learn to move with astonishing lightness and freedom at almost any age. This workshop will include an experiential Feldenkrais "Awareness Through Movement"® lesson. Feldenkrais can help reduce pain while improving the quality of daily life.

Lisa Walker, Guild Certified Feldenkrais® Practitioner

Energetic Eating for Menopausal Symptoms

This session will introduce traditional Chinese Food Therapy, a dietary philosophy. Learn about this qualitative holistic concept of Yin & Yang and how the thermal nature and flavor of foods can influence our internal regulatory system. Specific focus will be on foods known to harmonize women's hormonal transition times and dietary recommendations to ease hot flashes.

Marina Keppler, LAc, MA, Dipl Ac, Riverseasons LLC

Turning Back the Clock: Adjunct Therapies in Cosmetic Surgery

Interest has grown rapidly in recent years for cosmetic surgical techniques which offer improvement to the aging face but fall short of "going under the knife." We will discuss the uses of BOTOX®, injectable fillers, topical peels and the latest in laser therapy for aging skin.

Ricky Clay, MD, Mayo Clinic Plastic Surgery

Choosing the Best "Diet"

Diet plans abound, but which one should you follow? We will review 'older' diets such as *The Zone* and *Atkins*, and introduce 'nouveau' plans such as *You On A Diet* and *The 5-Factor Diet...* and don't forget *The Weight Loss Cure They Don't Want You to Know About!* Well, we do want you to know about these diet plans and others as we explore their pros and cons, discuss whether there is evidence to support their claims, and compare them with current recommendations in this practical and interactive session.

Donald Hensrud, MD, Mayo Clinic Preventive Medicine

Bioidentical Hormone Therapy for Menopausal Symptoms: Hype or Help?

Bioidentical ("natural") hormones are claimed to be safer than conventional hormone therapy. What are the facts? What are the possible advantages and disadvantages? Come to this session to learn what you need to know if you are considering these hormones to help with menopausal symptoms.

Lynne Shuster, MD, Mayo Clinic Women's Health Clinic

Mirror, Mirror on the Wall

This interactive session will provide an overview of common cosmetic surgical procedures. Bring your questions and discuss realistic expectations, outcomes and time frames with an experienced surgical team.

*Paul Petty, MD and Dinah Osmundson, RN,
Mayo Clinic Plastic Surgery*

"To Sleep, Perchance to Dream..."

According to the National Sleep Foundation 67% of American women experience sleep problems on a regular basis. If you are contributing to the "national sleep debt," this session can help you understand the nature of sleep and give you practical tips on how to wake up feeling refreshed and ready for your day.

Janet C. Johnson, RN, Mayo Clinic Patient Education

CenteringPregnancy

CenteringPregnancy is a patient-centered model of prenatal care that incorporates individualized clinical care, extensive health education, group support and personal empowerment in a relaxed environment. Learn more about this innovative program and how it can benefit your pregnancy in this interactive session.

*Michelle Dynes, Certified Nurse Midwife, Mayo Clinic
Obstetrics & Gynecology*

Complementary and Alternative Medicine (CAM) Approaches to Stress Management: What Works

Life in America has been characterized as “rapid-paced and technology-driven, where people are connected constantly electronically and rarely in person.” No wonder stress, anxiety and depression are so commonplace in our culture. With the rising interest in CAM and integrative medicine over the past two decades, a number of therapies and approaches (e.g., acupuncture, massage therapy, meditation and hypnosis) have been touted as means of effectively dealing with stress. Do they work? This session will provide evidence-based and practical information that you can begin using to safely and effectively manage stress in your life.

*Brent A. Bauer, MD, FACP, Director, Mayo Clinic
Complementary and Integrative Medicine Program*

Children & Pets: From Goldfish to Golden Retriever

If a pet is on your child’s wish list, there are many responsibilities to consider. We will explore how to choose the best pet for your child’s age and development, share health and safety tips to ensure a positive family experience and explore the many benefits that children enjoy from the human-companion bond.

*Sally Davis, Paws and Claws
Marcia Fritzmeier, Therapy Dogs International, Inc.
and Hearing and Service Dogs of MN*

“Just Say YES” to HPV Immunization

The HPV (human papilloma virus) vaccine promises to greatly reduce cervical cancer in our current generation of young women. Learn the facts and fallacies of HPV risks, transmission and prevention. Case examples will provide tips on discussing the vaccine with your daughters.

*Lois McGuire, RN, MSN, WHNP, Mayo Clinic Obstetrics &
Gynecology*

Running in a Skirt: Walking & Running for Women

Come and learn how to progress from a “couch potato” to a healthy exerciser by adding some basic walking or running workouts to your daily schedule. If you are already walking and running, find out how to progress from a casual exerciser to a competitor. Judy is a local business owner & grandma who began walking for fitness and now competes in ultra distance events. She will have some fun and useful information for you.

Judy Weller, Ultramarathon Runner & Fitness Advocate

Mother Nature Knows Best: The Science and Seasons of Local Food Use

Women have the buying power to make a significant impact on the environment through the purchasing of foods used on a regular basis. There are sustainably-raised apples, beef, milk, vegetables, poultry, and berries that provide us with healthy bodies while supporting a healthy landscape. Come learn where to buy these foods and why it matters. We'll also tackle how to decide on whether to buy local versus organic, fresh versus frozen or in-season versus incurring “food miles”.

Caroline van Schaik, Community Based Food Systems Program, Land Stewardship Project

Registration Information

The registration deadline for *Women and Health: A Time for You* is **October 8, 2007**. Please note that enrollment is limited. The cost for all participants (including Mayo Clinic employees) is \$30 per person and includes the day's events, continental breakfast and box lunch.

Registration is accepted by mail and payable by check only. Please complete the registration form and enclose a check payable to *Matrix Meetings, Inc.* in the amount of \$30.

Mail to:
Women & Health: A Time for You
c/o Matrix Meetings, Inc.
PO Box 7169
Rochester, MN 55903-7169

Confirmation of your registration will be sent by mail. For information about the event or if you have any special needs, call the Mayo Clinic Office of Women's Health at 507-255-2287 or **email: womenshealth@mayo.edu**. For questions about registration, call Matrix Meetings, Inc. at 507-288-5620.

New Program Location and Parking

Activities will be held in Presentation Hall and the Civic Center Suites at the Mayo Civic Center located at 30 Civic Center Drive SE in Rochester, Minn. Parking is available in parking ramps and surface lots adjacent to the Mayo Civic Center. There is no charge for parking on Saturdays.

Registration Form

Fill out, detach and return with check for \$30. The registration form may be photocopied. Register early to avoid disappointment as educational sessions are assigned on a first come, first served basis. We reserve the option to cancel sessions with low participant registration.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____

- I have enclosed a check made payable to **Matrix Meetings, Inc.**
(Registration is \$30. Deadline for registration is October 8, 2007.)

Registrations will be returned if postmarked after the deadline of October 8 or if the event has filled. All cancellations will incur a \$15 administrative fee. No refunds will be processed if postmarked after October 8.

Indicate the educational sessions you prefer to attend by placing a "1" in the box next to your first choice and "2" in the box next to your second choice for each breakout session. Please register early for a better chance of being assigned your top choices.

Educational Session I – 10:00 AM

- The Beat Goes On! Heart Healthy Tips for Women that Really Work
- To Be or Not to Be a Parent: The Scientific Foundations of Natural Family Planning
- Grace, Fluidity & Elegance: Experience Awareness through Movement
- Energetic Eating for Menopausal Symptoms
- Turning Back the Clock: Adjunct Therapies in Cosmetic Surgery

Educational Session II – 11:00 AM

- Choosing the Best "Diet"
- Bioidentical Hormone Therapy for Menopausal Symptoms: Hype or Help?

- Mirror, Mirror on the Wall
- "To Sleep, Perchance to Dream..."
- Centering Pregnancy

Educational Session III – 1:30 PM

- Complementary and Alternative Medicine (CAM) Approaches to Stress Management: What Works
- Children & Pets: From Goldfish to Golden Retriever
- "Just Say YES" to HPV Immunization
- Running in a Skirt: Walking and Running for Women
- Mother Nature Knows Best: The Science and Seasons of Local Food Use

The KROC Women's Expo will be held simultaneously in the Mayo Civic Center Exhibit Hall and Auditorium beginning at 9:00 am. To assure a positive experience in both the luncheon and Expo areas, we are scheduling two luncheon periods. We will try to honor your preferred selection, but early registrants will receive priority assignment. Please indicate your preference below:

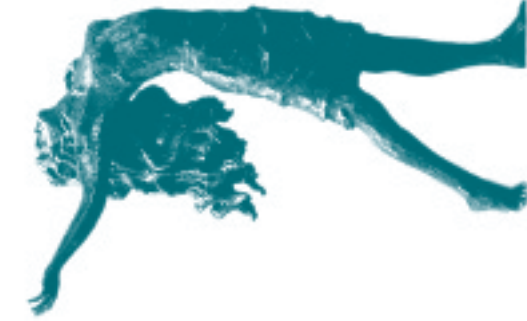
- 12:00 – 12:30 Group A Luncheon (Please visit the Expo AFTER lunch)
- 12:30 – 1:00 Group B Luncheon (Please visit the Expo BEFORE lunch)



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200 First Street SW
Rochester, Minnesota 55905

Mayo Clinic Office of Women's Health



New Location!
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Center

*The 11th Mayo Clinic
Women's Health Event*
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