

HealthyHER Yampa Valley

Elevating Women's Health through Access, Education, Prevention and Connection

PROGRAM AGENDA

TIME	SESSION	SPEAKER	DESCRIPTION	LOCATION
8:30 AM	DOORS OPEN	Registration Table	Coffee & Light Breakfast	Lobby
9:00 – 9:10AM	WELCOME	Patty Hourigan Women United	Opening Remarks	Auditorium
	FRAMING THE DAY	Moderator	Embrace listening, learning, connecting and dialogue	
9:10- 9:55AM	OPENING PRESENTATIONS			Auditorium
	<i>A Personal Journey with Cancer: Learning and Living through a Diagnosis</i>	Ragan Adams (15MIN)	Inspirational, personal health journey and lessons learned	
	<i>Beating Cancer with Education & Prevention</i>	Dr. Jan Lowery (20MIN)	Presentation on Beating Cancer with Education & Prevention	
		Q& A (10MIN)		
9:55 -10:10AM	BREAK	----		Auditorium / Lobby
10:15-11:15AM	<i>Embracing Prevention at Every Stage: Health Practitioner Perspectives</i>	Dr. Laurie LeBleu Vaszily, MD Dr. Barbara Novotny, MD Shannon Fonger, Nurse Practitioner	Moderated Q& A Panel (1HR)	Auditorium

HealthyHER Yampa Valley

Elevating Women's Health through Access, Education, Prevention and Connection

PROGRAM AGENDA

11:15 AM	Expo /Resource Hall	Over 20 local health related organizations	Health Resource Tables Free Screenings Hands On Support	Gym
11:45 AM	Lunch		Buffet Lunch	Gym
12:30-1:15PM	Plenary Presentation <i>Increasing Vitality: Advancements in Women's Health</i>	Dr. Laurie LeBLeu	45 min Presentation on Advancements in Women's Health across lifespan	Auditorium
1:30-2:15PM	Breakout Sessions (Choose One) <i>Finding the Support You Need: Accessing Resources in the Yampa Valley</i>	Emily Schweitzer	45 min. presentations, including Q& A	Magnolia
	<i>Injury Prevention Strategies: Supporting Strength, Balance, and Longevity.</i>	Jennifer Himot	45 mi. Including Q& A	Cottonwood
2:25PM	Stretch & Move Break	Sarah Coleman	Reset & Energize 5MIN	Auditorium
2:30PM	<i>Advocating for Your OWN Health</i>	Sarah Coleman	Practical Strategies for Self Advocacy -25MIN	Auditorium
2:55 PM	Closing Remarks	Arlene Karlin Women United	Reflections & Next Steps	Auditorium