

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

PROGRAM AGENDA
THE HAYDEN CENTER - Hayden, CO

8:30AM	Doors Open – Registration & Check In Complimentary Coffee & Muffins	
9:00AM	Welcome Remarks & Framing Our Day Embrace Listening, Learning, Engaging in Meaningful Dialogue and Connecting	Women United
9:10- 9:55AM	Opening Presentations Blindsided: A Personal Journey Living & Learning Through a Cancer Diagnosis Beating Cancer with Education and Prevention	Dr. Ragan Adams Dr. Jan Lowery
10:15- 11:15AM	Health Practitioner Perspectives Panel Embracing Prevention at Every Stage	Dr. Laurie LeBleu Vaszily Dr. Barbara Novotny Shannon Fonger, NP
11:15AM	Expo/ Resource Hall Opens	Free Screenings Over 20+ Local Health Resources
11:45AM	Complimentary Lunch	
12:30- 1:15PM	Plenary Presentation Your Body is Talking Listen. Learn. Thrive Women's Health Through Every Season of Life	Dr. Laurie LeBleu Vaszily
1:30- 2:15PM	Breakout Sessions Finding the Support You Need: Accessing Health Resources in the Yampa Valley Injury Prevention Strategies: Supporting Strength, Balance & Longevity	Emily Schweitzer Jennifer Himot, PT
2:30- 2:50PM	Closing Presentation Your Health, Your Voice The Power of Advocating for Your Health	Sarah Coleman, Life Coach
2:50- 3:00pm	Reflections & Next Steps	Women United