10th Annual CELEBRATE WOMEN 2016
Friday, March 18, 2016

8:00-8:30 A.M. REGISTRATION
9:00-10:30 A.M. CONCURRENT SESSIONS

Buffet lunch
Soup, Salad, and Baked Potato Bar-fresh garden greens and hot baked potatoes served with a variety of toppings. Soup choices include Italian Wedding and Tomato/Basil. Create your own entrée to meet dietary needs including Lenten and gluten-free diets.

Celebrate Women T-shirts
T-shirts are pre-order and pay at the door

Cost
S, M, L, XL: $13
XXL, XXXL: $15

Registration fees
___ student __ non-student ___ physician
T-shirt: size __________ qty __________

Total _____________________

Payment
___Check/money order (payable to Ohio University)________
___Credit card (Visa, MasterCard or American Express)________

Card number ________________________________
Exp. Date __________ Security code ____________
Zip code ________________________________
Phone number ________________________________ Email ________________________________
Signature ____________________________________________

CELEBRATE WOMEN 2016
Embracing Wellness: Mind, Body, Spirit • OHIO UNIVERSITY LANCASTER

Mindfulness: Heal the Healer (Medical Track, CME)
Katherine J. Knop, D.O. (‘02), Assistant Clinical Professor, Family Medicine, Associate Chair, Family Medicine, Heritage College
This session focuses on how physicians can successfully communicate about HPV prevention, as well as how to become an HPV vaccination champion with your colleagues and in your community.

Guided Imagery 101
Lisa Skaeva, Ph.D., Assistant Professor of Social Work, Ohio University
This workshop will provide a brief overview and hands-on practice of the creative method of guided imagery. Participants will learn basic skills in progressive relaxation, on practice of the creative method of guided imagery. Learn a new way to improve mental focus, meet physical needs, and reduce your stress.

Mindfulness: The Art of Being Present
Katherine J. Knop, D.O. (‘02), Assistant Clinical Professor, Family Medicine, Associate Chair, Family Medicine, Heritage College
Mindfulness is meant to help us be present in the moment; to spend less time worrying about the future or fretting about the past. Ultimately, mindfulness allows us to gain perspective, listen better and step back to consider more choices and make decisions more clearly and intentionally, rather than reactively. This session will identify strategies to enhance your own mindfulness in your personal and professional lives.

You Are the Key to HPV Cancer Prevention: Understanding the Burden of HPV Disease, the Importance of the HPV Vaccine Recommendations, and Communicating about the HPV Vaccination (Medical Track, CME)
Jody M. Garone, D.O. (‘05), Assistant Professor, OB/GYN, Assistant Dean, Southeast Ohio Clinical Campus, Heritage College
The burden of HPV cancers in the U.S. is staggering. This session focuses on how physicians can successfully communicate about HPV prevention, as well as how to become an HPV vaccination champion with your colleagues and in your community.

ATHENA Leadership Award®
Each year, the ATHENA Leadership Award® is presented by area Chambers of Commerce to honor a woman for professional excellence, community service and professional mentoring and leadership. This panel of previous ATHENA award recipients honored by the Pickerington Area Chamber and the Lancaster-Fairfield Chamber of Commerce will share their experiences and strategies for securing and providing support for women who serve as leaders and mentors in our communities.

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Card number ________________________________
Exp. Date __________ Security code ____________
Zip code ________________________________
Phone number ________________________________ Email ________________________________
Signature ____________________________________________

8:30-8:50 A.M. OPENING SPEAKER

Page S. Guthell Henderson, D.O. (‘02), Assistant Professor of Primary Care Medicine, Ohio University Heritage College of Osteopathic Medicine - Dublin
Dr. Paige Guthell Henderson is an osteopathic family physician in private practice in Columbus and 2002 graduate of the Heritage College. She also serves as an Assistant Professor of Primary Care Medicine at Heritage College’s Dublin Campus. She has served her profession in numerous leadership roles in various professional organizations. Dr. Henderson currently serves the University as chair of ohio women in medicine and previously as a member of the Heritage College’s Society of Alumni and Friends’ Board of Directors and the Ohio University Alumni Association’s Board of Directors. She is also a wife, a mother, a daughter, a sister, a friend and a pretty darn good salsa dancer.

Mindfulness: The Art of Being Present
Katherine J. Knop, D.O. (‘02), Assistant Clinical Professor, Family Medicine, Associate Chair, Family Medicine, Heritage College

You Are the Key to HPV Cancer Prevention: Understanding the Burden of HPV Disease, the Importance of the HPV Vaccine Recommendations, and Communicating about the HPV Vaccination (Medical Track, CME)
Jody M. Garone, D.O. (‘05), Assistant Professor, OB/GYN, Assistant Dean, Southeast Ohio Clinical Campus, Heritage College

Congratulations: Women in Medicine at Ohio University 2016
Each year, the ATHENA Leadership Award® is presented by area Chambers of Commerce to honor a woman for professional excellence, community service and professional mentoring and leadership. This panel of previous ATHENA award recipients honored by the Pickerington Area Chamber and the Lancaster-Fairfield Chamber of Commerce will share their experiences and strategies for securing and providing support for women who serve as leaders and mentors in our communities.

Student research panels will be presented throughout the day.
Women & the Workplace: Understanding Emotional Labor and Increasing Your Engagement

Miriam Matteson, Ph.D., Associate Professor
Kent State University
Currently serves as the Program Coordinator for the Women’s Leadership Center in the Department of Health Sciences.

In this session, we will present an overview of the magnitude of emotional labor and its effects on the health of our community members. We will explore the impact of emotional labor on personal health and wellness, as well as strategies to mitigate its impact. We will also discuss the importance of identifying and addressing emotional labor in our workplace settings to promote a healthier and more productive environment.

12:45-1:45 P.M.
LUNCHEON, SPEAKER & AWARDS CEREMONY

The Courage to Lead (CME eligible)
Adrienne White-Faines, MPA, CEO of the American Osteopathic Association (AOA)

“Telling the Truth about theказалось”
This session will focus on the importance of telling the truth, especially in the face of adversity. We will explore the impact of truth-telling on our personal and professional lives and discuss strategies for effectively communicating our thoughts and ideas.

2:00-3:00 P.M.
CONCURRENT SESSIONS

Eat This, Not That: Food As Medicine (Medical Track, CME)
Michelle Clay, D.O. (’98), CHHC, CCN, FREELIFE7, LLC: A Life Enhancing Company

Nutrition is one of the most important factors in our overall health and well-being. This session will provide an overview of nutrition and the role it plays in promoting good health. We will discuss common dietary deficiencies and provide practical tips for improving your diet and reducing your risk of chronic diseases.

3:15-4:15 P.M.
CONCURRENT SESSIONS

Medical Apps to Use in your Practice (Medical Track, CME)
Paige S. Guthiel Henderson, D.O. (’10), Assistant Professor of Family Medicine, Family Medicine/PCA Fellowship Program Director, Heritage College

As the world continues to be more health-conscious, consumers are taking advantage of smartphones to manage and promote their own health. This session will focus on the ways in which health apps can be used to improve patient outcomes and facilitate health care.

4:15-5:00 P.M.
RECEPTION

Raymond S. Wilkes Gallery for the Visual Arts
Door prize drawings

More information at ohio.edu/lancaster/events/celebratewomen.cfm

REGISTRATION

Limited Space, Pre-registration required

Early bird registration deadline — March 5

Please return your registration form and payment to:
Ohio University Lancaster, Celebrate Women, 1570 Granville Pkwy, Lancaster OH 43130. Or register online at ohio.edu/lancaster/events/celebratewomen.cfm

Name: ____________________________________________
Address: ________________________________________
Phone: __________________________________________
Email: __________________________________________

Registration fees

Pre-registration until March 5
$20 students, $25 non-students, and $125 physicians (includes CME credits for physicians)

After March 5 and until March 15
$30 students, $35 non-students, and $135 physicians

CME Verification

Ohio University Heritage College of Osteopathic Medicine is approved as an accredited CME sponsor by the American Osteopathic Association. This program has been approved for 6 credits of AOA Category 1-A credit by the AOA CME Council. The Heritage College will submit your credit hours to the AOA and provide attendance certificates for your records. To receive credit, you must sign in at the registration table upon arrival and complete the CME Verification Request Forms before departing the program. CME Verification Request Forms will be collected at the Conference. Credits cannot be issued to physicians failing to sign in.