



**The Sixth Annual Women's Health Expo featuring:** Skin care, stress management, nutrition, cosmetic surgery, decorating tips, fitness, finance, belly dancing and much more! Presentations will also include research advances and latest treatments in ovarian and breast cancer and a survivors' connection.

**Presented by National Ovarian Cancer Coalition Saturday, March 20, 2010 8:00 am – 3:00 pm**

**The Sheraton Hotel 173 Jennifer Road Annapolis, Maryland**

We are thankful to our sponsors: National Breast & Ovarian Cancer Connection A grant from the Maryland Attorney General Settlement Cancer Treatment Centers of America



To register online go to: [www.nocc.kintera.org/centralmd](http://www.nocc.kintera.org/centralmd)

For more information go to [www.ovarian.org](http://www.ovarian.org) and click on MD Chapter. *This event sells out quickly so send in your registration as soon as possible!*

*Please join us for a day of REJUVENATING your mind, body and spirit!*

Our presenters include Dr. William McGuire, Medical Director of Franklin Square Hospital, and Dr. Zandra Cheng from Anne Arundel Medical Center and many more specialists on a diversity of subjects that are sure to inform, invigorate and inspire you. It promises to be a fun-filled day packed with information and services to help you in Finding Your Balance.

Our Rejuvenate Program encourages a healthy lifestyle and educates the public about the signs and symptoms of ovarian and breast cancers and the possible "link" between the two.

The \$40.00 pre-registration fee includes a healthy breakfast and 3 sessions offering the participant an array of 8 different options for each session. Light refreshments will be available throughout the morning, followed by a lunch and keynote speaker. A lovely gift bag filled with wonderful items from our marketplace exhibitors and sponsors will be given to each participant. Registration before March 1, 2010 will guarantee your reservation at this Rejuvenate event. The registration fee after March 1st is \$50.00.

**Schedule of Events**

- 8:00 am Check in / Healthy Breakfast  
Visit marketplace exhibits
- 9:00 am Welcome address
- 9:30 am Session I
- 10:45 am Session II
- 12:00 pm Session III
- 1:15 pm Luncheon
- 1:30 pm Lunch & Learn Presentation
- 1:45 pm Invited keynote speaker
- 2:30 pm Visit marketplace exhibits
- 3:00 pm Conclusion of event



**YARROW**

A Motivational Speaker, Author and Personal Energy Coach also known as The Energy Whisperer® Awarded 2007 Entrepreneur of the Year by Entrepreneur's Exchange, Annapolis, Maryland networking group. She has joined with other authors and is published in *Conscious Entrepreneurs* and *The Spirit of Women Entrepreneurs*. With over 30 years of studying energy, Yarrow is an expert at understanding the energetic interactions between people, situations and spaces.



At the core of her philosophy is knowledge learned throughout childhood, study of psychosynthesis, and a 3 year spiritual psychology program. She also has a Feng Shui Certification. Yarrow enjoys empowering people who want more out of life. Through her website, [ConsciousToolbox.com](http://ConsciousToolbox.com), she provides facilitation of retreats, conference keynotes and break-out sessions, personal development, online courses, E-Books and individual personal energy coaching.

She teaches lifelong learning classes at several community colleges and leads a team of women entrepreneurs striving to achieve their business and personal goals in direct sales. In her world, everything is energy and that is how she approaches life's developments between each sunrise and sunset!

*"Listen for Whispers that Steal Your Energy"* Often unknowingly, people and situations rob you of your energy in insidious ways. Yarrow, the Energy Whisperer®, will enlighten you on what and who are the culprits in your life. She will engage you in interactive exercises that will help you discover exciting ways to bring balance and more energy to your life.

**SESSION I (Choose one A-H) 9:30 - 10:30 am**

**A. Treating Cancer by Alternative Medicine** Daohe Fang, Licensed Acupuncturist of MD, Chinese Medicine Doctor (CMD), Gynecologist combining Eastern and Western Medicine. Physician & surgeon in China. Cancer patients can be helped with Acupuncture. Learn how to prevent cancer through your lifestyle and diet.

**B. The Survivors' Connection** Annamarie DeCarlo - Moderator and ovarian cancer survivor. Share experiences and find friendship, inspiration and hope through the strength of other survivors.

**C. The Skinny on Fat - Cancer Prevention Naturally** Dr. Stephanie J. Chaney, D.C. - Living Health Chiropractic. Take an in-depth look at different fats in our diet and why some cause cancer and others help heal and prevent cancer. Learn easy things that everyone can implement into their lives to stay healthy.

**D. Interior Design in Difficult Times - Cost Saving Design Solutions** Gary Lawrik, ASD. Make your home more comfortable. Discover things you can do yourself with color, texture, and patterns. Think before you buy!

**E. Relaxation and Healing** Practitioners of Massage, Reiki and Reflexology will be available to provide you with a session of 15 wonderful minutes of each technique.

**F. Identifying & Solving the Challenges of Baby Boomer Women** Jennifer Campion Daly, CRPC® Chartered Retirement Plan Specialist™, Dotsie Bregel - Founder of National Association of Baby Boomer Women. Learn how to cope with boomerang children, aging parents, and market diminished retirement funds. This session will cover different investment options. Long-term care will also be discussed and how to determine if it is right for you.

**G. Cancer and The Healing Power of Forgiveness** Rev. Dr. Michael Barry, Director of Pastoral Care at Eastern Regional Medical Center Author of *A Reason for Hope*, *A Season for Hope* and *The Art of Caregiving*. This workshop will focus on the health benefits of locating past emotional traumas, the spiritual and emotional benefits of forgiveness and it's effect on the immune system.

**H. Belly Dancing** Dori Witt, Director of Egyptian Sun Productions. Learn about the fitness craze that is sweeping the nation. It's fun, it's sexy and it's a workout!

**SESSION II (Choose one I-P) 10:45 - 11:45 am**

**I. Dr. Zandra Cheng, Breast Surgeon at Anne Arundel Medical Center** Discussion of breast cancer rates in the world and lifestyle factors that may influence it and the latest advances in Breast Cancer Treatment. **Heredity Syndromes that include ovarian and breast cancers.** Aimee Martin, HGC, CGC. An explanation will be presented on a possible genetic basis of breast and ovarian cancer.

**J. Facial and Body Rejuvenation** Kelly Sullivan, M.D., F.A.C.S. - Medical Director of Plastic and Reconstructive Surgery of Annapolis and President/Chair of the Board of Wellness House of Annapolis. Discussion of both operative and non-operative techniques for rejuvenation of the aging face as well as other plastic surgery techniques

**K. A Patient Advocate's Perspective on the Importance of Ovarian Cancer Awareness and Related On-line Resources** Paul M. Cacciatore, J.D., CPA - Founder, Libby's H\*O\*P\*E\* (\*Helping\*Ovarian Cancer Survivors\*Persevere Through\*Education). Learn about the genesis of the Libby's H\*O\*P\*E\* website; highlight critical ovarian cancer awareness information and online resources. Included will be stories of hope of ovarian cancer survivors and how each individual can make a difference in the fight against ovarian cancer.

**L. Designing Green Interiors** Julie Carroll - Award winning Interior Designer, who is a Green leader accredited professional (AP). This session includes discussion & samples of Eco-friendly (green) home interior products. Learn what being "green" in your home means. See amazing before & after room makeovers featuring eco-friendly products.

**M. Creating Better Images with the Camera You Own** Tony Lewis, Jr. - Staff Photographer for "What's Up Annapolis" Magazine. What you need to know about digital photography.

**N. Some Expert Fashion Tips** Susan Sears - Personal Stylist Department Manager at Nordstrom's, Westfield Mall in Annapolis. Learn how to change 8 basic pieces of clothing into an entirely new wardrobe!

**O. Yoga: A Balanced Life** Saytam - Founder/Director of Renaissance Yoga, E-RYT 500, MS Ed. Discover the inner essence of yoga & experience how yoga can increase vitality & bring balance. Engage in a session that concludes with a meditation & an inspiring story.

**P. Relaxation and Healing** Practitioners of Massage, Reiki and Reflexology will be available to provide you with a session of 15 wonderful minutes of each technique.

**SESSION III (Choose one Q-W) 12:00 - 1:00 pm**

**Q. New Advances in Ovarian Cancer** William Mc Guire, M.D. - Medical Director of The Harry and Jeanette Weinberg Cancer Institute at Franklin Square Hospital. Discussion of symptom complexes that may herald ovarian cancer. Learn new treatments including Target Therapies and new data about CA 125. **What is My Daughter's Chance of Getting My Cancer?** Edward Taubman, M.D. National Society of Genetic Counselors, Graduate of City of Hope Cancer Genetics Program. Practicing Internist in Olney, MD.

**R. Planning for your Retirement Lifestyle: The New Retirement** Kristin Gillis Long, CRP - A Wealth Management Advisor with the Global Wealth Management Group of Merrill Lynch. Will answer questions such as: How long will my money last? What type of retirement do you envision. Learn financial implications of the NEW retirement.

**S. Super Health Begins with Super-food Nutrition** Cheryl Diane, CNC, AANC, NAT - Naturopath, Living Foods Chef with a Wellness Center/Cooking Teaching Kitchen in Annapolis. Weight Optimization, Peak Performance & The Power of Healthy Food.

**T. Around the World to your Backyard** Raymond E. Greenstreet II - Owner of Greenstreet Growers, Inc. Home of Greenstreet Gardens. Ray has over 25 years of seasonal crop production experience. Millions of seeds and cuttings from around the world are shipped to Greenstreet Growers annually. Find out how to plan and start your perennial garden.

**U. Balancing Your Life Wheel** Lisa M. Pepe - Life Coach and Reiki Practitioner. Create an awareness of which areas of your life need more attention. Identify techniques that will assist you in creating more balance in your life.

**V. Get Fit and Healthy with the Simple Rules of the Big 3** Alan Harris - Founder/Creator of Absolute Body Power Media Learn "Simple, Easy to follow Rules" on how to become fit and healthy for life. Alan's session is guaranteed to take the boredom out of your exercise routine and will give you 100% Motivation, Inspiration and Information on fitness!

**W. Relaxation and Healing** Practitioners of Massage, Reiki and Reflexology will be available to provide you with a session of 15 wonderful minutes of each technique. Come and feel refreshed and rejuvenated!

\* Opinions expressed in these presentations are not necessarily endorsed by The National Ovarian Cancer Coalition.

**REJUVENATE REGISTRATION FORM**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

**Are you a survivor?**  
 yes \_\_\_\_ no \_\_\_\_ ; breast \_\_\_\_ ovarian \_\_\_\_

**Write the letter of the classes you wish to attend:**

	1st choice	2nd choice
Session I 9:30 – 10:30 (A-H)	_____	_____
Session II 10:45 – 11:45 (I-P)	_____	_____
Session III 12:00 – 1:00 (Q-W)	_____	_____

\$ \_\_\_\_\_ Registration fee \$40.00 (After March 1st fee is \$50.00)

\$ \_\_\_\_\_ Donation  
 In Honor of: \_\_\_\_\_

\$ \_\_\_\_\_ Donation  
 In Memory of: \_\_\_\_\_

**\$ \_\_\_\_\_ Total Payment**  
 Please make checks payable to: NOCC

Please tear off registration and mail to:  
 NOCC PO Box 655 Crownsville, Maryland 21032-0655  
 or online at: [www.ovarian.org](http://www.ovarian.org) and click on MD Chapter.

**To Register online go to:**  
**[www.nocc.kintera.org/centralmd](http://www.nocc.kintera.org/centralmd)**



**Maryland Chapter - National Ovarian Cancer Coalition, Inc.**  
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