

LITTLETON REGIONAL HEALTHCARE'S 27TH Annual North Country Women's Health Conference will be held on Sunday, May 13, 2018 (in the evening) and Monday, May 14, 2018 from 7:30am-4:00pm at the OMNI Mt. Washington Resort Presidential Conference Center & Spa. The annual event features many health-related topics affecting women today. The Conference offers medical and healthy lifestyle experts who provide a variety of workshops, and vendors who bring valuable information and a unique shopping experience. Attendees can take part in free health screenings, Mayo Clinic's Heart Disease Risk Calculator, alternative therapies and much more. *Register now for a relaxing and fun-filled day!*

Six Steps to Re-write Your Inner Script

With Motivational Speaker, **KELLY SWANSON**

Kelly Swanson is an award-winning storyteller, comedian, Huffington Post Contributor, and cast member of *The Fashion Hero* television show, airing on Amazon Prime. She is also author of *Who Hijacked My Fairy Tale*, *The Land of If Only*, *The Story Formula*, and *The Gutsy Girls Pocket Guide to Public Speaking*. She was a featured entertainer for Holland America Cruise Lines, keynote speaker for the International Toastmaster's Convention, and has keynoted major conferences and corporate events from coast-to-coast. Kelly's wacky wit and powerful stories have charmed hearts and tickled funny bones for over 15 years.

In addition to her role as a funny motivational speaker, Kelly teaches people how she does it by sharing what she has learned about connecting and engaging to have more influence in business,



through the use of one tool—strategic storytelling. Sharing her own powerful journey through story and the formula she discovered, you come to that magical place where the art of story meets the business of persuasion. For more about Kelly visit **MotivationalSpeakerKellySwanson.com**.

Kelly Swanson promises to make you laugh, remind you of your value, help you see beyond your obstacles, and teach you how to use your story to gain confidence and impact your market and your world.

SUNDAY EVENING FUN...

Are you thinking about making a weekend of your visit to the OMNI Mount Washington Resort to attend the 27th Annual North Country Women's Health Conference? Plan to join us on Sunday, May 13th at 4:30 pm! We've got some entertaining and informative workshops for you to enjoy!

Here early? Enjoy a historical tour of the OMNI Mount Washington Resort. The tour runs approximately 50 minutes and meets daily at the Grandfather Clock in the Great Hall at 10:00 am and 3:00 pm.

Outdoor Survival and Hiking Safety

4:30 PM - With Bob Mancini, Sugar Hill Police Chief, and Former NH Fish and Game Agent.

Harness Your Inner Circus Power

5:30 PM - Join Veronica Francis of Littleton's Notchnet, Author of *Circus Towne: 40 Acres of Fun and Fantasy*.

Essential Oils in the Bedroom

6:30 PM - Join Tara Prue and Amy McCoy, essential oil experts, in this informative session!

The DC3

7:00-9:00 PM - Relax and enjoy the music!

SPECIAL TREAT!

7:30 PM - Meet Kelly Swanson—in The Cave!

An LRH representative will be available at registration between **4:00-5:30 pm**.

See you on Sunday afternoon!

Changing the Culture of Mental Illness: It's Way Past Time

Littleton Regional Healthcare is pleased that former Chief Justice John T. Broderick Jr. will be joining us this year to share his poignant story to raise awareness about mental health.

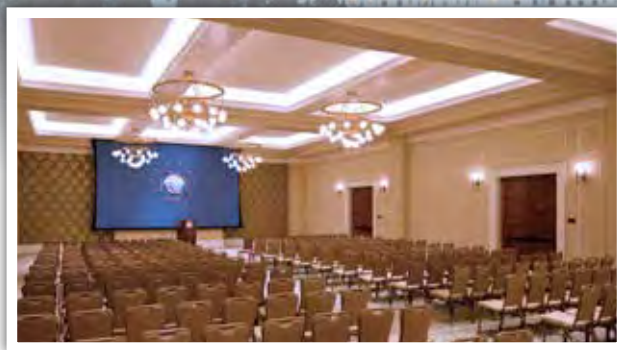
Judge Broderick was a member of the NH Supreme Court from 1995-2010 and during his last seven years there served as Chief Justice. During his time on the Court, his family walked through the valley of mental illness in a very public way but survived and healed. In 2016 Judge Broderick agreed to co-chair the first statewide launch in New Hampshire of a national mental health awareness campaign called Change Direction. After becoming Senior Director of Public Affairs at Dartmouth-Hitchcock in April 2017, the mental health awareness campaign Judge Broderick was spearheading was enhanced through the joint efforts of Dartmouth-Hitchcock and the NH Department of Education to incorporate R.E.A.C.T.



Program

The goals of the Change Direction/R.E.A.C.T. campaign are simple, timely and important: to make the five most common signs of mental illness as widely-known as the signs of a heart attack or a stroke and to teach people how to react when they find the signs of mental illness in someone they know or love. Judge Broderick will discuss his family's mental health journey and recovery, the struggles posed by mental illness for so many families and the imperative to Change Direction and R.E.A.C.T.

If you or someone you know would like to attend Judge Broderick's presentation (only), we encourage you to do so. If you do attend, we ask that you consider making a donation to Change Direction in honor of the LRH North Country Women's Health Conference. Please be sure to complete a registration brochure if you plan to attend this workshop so we can plan for adequate space. To make a donation to support Change Direction NH, please send your donation to: Change Direction NH c/o Riverbend, PO Box 2032, Concord, NH 03302 and mark the subject line "Change Direction NH."



A beautiful setting...

With the Northeast's highest peak as a backdrop, and the luxuriant and timeless grandeur of the OMNI Mount Washington Resort plus an elegant Dining Room at your beck and call...how can you possibly go wrong? Add to that the Presidential Wing & Spa, home to the Resort's Spa and Conference Center, and you have a complete New England experience.

From award-winning dining, to a Spa that incorporates local botanicals in its rejuvenating treatments, to its endless list of outdoor recreation, the OMNI Mount Washington Resort is a place that reminds you how wonderful it is to be alive!

Comfortable Overnight Accommodations

Discounted room rates for conference attendees are available at the OMNI Mount Washington Resort on the evening of Sunday, May 13 and Monday, May 14, 2018. Guest rooms will be available for \$149 per room, per night, plus the \$10 Resort Service Fee and 9% tax (single and double occupancy). Reservations must be made by **April 13, 2018** by booking online at <https://www.omnihotels.com/hotels/bretton-woods-mount-washington/meetings/north-country-womens-health-conference> or by calling the OMNI Mount Washington Resort at (603) 278-1000. **Do not forget** to mention that you are attending the North Country Women's Health Conference.

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Littleton, NH

Six Steps to Re-write Your Inner Script

27th Annual North Country Women's Health Conference
Littleton Regional Healthcare
600 St. Johnsbury Road
Littleton, NH 03561

LRH is fortunate that businesses in the community recognize the value in supporting this health-related event. A special thanks to the following businesses:

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|---|----------------------------------|
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EVENT SPONSORS

LRH's 27th Annual North Country Women's Health Conference

SUN., MAY 13, 2018 • 4-8pm
MON., MAY 14, 2018 • 7:30am-4pm

OMNI Mount Washington Resort
Presidential Conference Center
BRETTON WOODS, NEW HAMPSHIRE

SIX STEPS TO RE-WRITE YOUR INNER SCRIPT

...busting the negative mindsets that block our path to peace and prosperity
WITH KEYNOTE SPEAKER
KELLY SWANSON



Six Steps to Re-write Your Inner Script

SCHEDULE 2018

Littleton Regional Healthcare's 27th Annual North Country Women's Health Conference

TIME	SPEAKER/ACTIVITY	TOPIC
7:30-9:15 am	Registration, Continental Breakfast, Health Screenings	
9:15-10:15 am	SESSION I (Choose One)	
Session IA	Alyssa Presby, BSN, RN, Manager of Outpatient Care	Plan Now for the Future: Advanced Care Directives*
IB	Erin Klasen-Orr, LICSW	Anxiety Disorders - Diagnosis and Treatment for Women*
IC	Meggen Wright, C-IAYT, RYT500, Reiki II	Reduce Pain with Yoga Therapy*
ID	Tara Prue & Amy L. McCoy	Top 10 Essential Oils for Women's Health
IE	Teresa Green, MD, Diplomate, Sleep Medicine	Trouble sleeping? Common Sleep Disorders in Women*
IF	Anna Ruelle, DPM, Podiatrist	Flats or Heels? Taking care of your feet*
10:15-10:45 am	Mid-Morning Break - Vendor Alley, Health Screenings, FREE Reiki Treatment	
10:45-11:45 am	SESSION II (Choose One)	
Session IIA	Nicholas Marks, MD - Obstetrician/Gynecologist	Staying Active After Menopause*
IIB	Ashley Wentworth, MS, RD, LD, Certified Registered Dietician and Lucy Gordon, RN-BC, BSN, CDE, Certified Diabetes Educator	Secrets from a Registered Dietician*
IIC	Gail Seemueller, PharmD, RPh	Allergy or side-effect? Common Reactions to Prescription Drugs!*
IID	Carrie Myers, Fitness and Wellness Instructor	Tap Away Anxiety and Stress with EFT Tapping
IIE	Emil M. Pollak, Jr., MD, FACC, Cardiologist	Cardiac Tests- What They Can and Can't Tell You About Your Heart and Risks*
IIF	Rev. Lyn O. Winter, M.Div.	Care for the Caregivers*
11:45-1:00 pm	GRAND BUFFET Luncheon & Networking	
1:00-1:15 pm	Robert Nutter, President	Welcome Remarks
1:00-1:30 pm	Carrie Myers, Fitness Instructor	Stretch & Squeeze
1:30-2:30 pm	Kelly Swanson, Keynote Speaker	Six Steps to Re-Write Your Inner Script
2:30-2:45 pm	Last chance to visit Vendor Alley—Book Signings, etc.	
2:45-3:45 pm	SESSION III (Choose One)	
Session IIIA	Honorable Judge John T. Broderick, Jr., Retired	Changing the Culture of Mental Illness: It's Way Past Time*
IIIB	Patrick Fitzpatrick, DO, Otolaryngologist	Tinnitus and Hearing Loss*
IIIC	Morice Dennery, MD, Urologist	To Pee or Not to Pee...It Depends!*
IIID	Maria Fantoni, Investment Advisor, SageView Advisory Group	Planning for the Future - Financial Health
IIIE	Daniel O'Neill, MD, Ed.D, FAAOS, Orthopaedic Specialist	Preparing for Surgery like an Olympic Event*
IIIF	Veronica Francis, Notchnet	Make Your Smart Phone Work for You
3:45	Stop by for your Healthy Chocolate Chip Cookie! If you are requesting CEUs, please stop by to speak with a representative from the North Country Health Consortium.	Main Registration Desk

***CONTINUING NURSING EDUCATION CREDIT AVAILABLE** North Country Health Consortium/NNH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity was approved for 3 Nursing Contact Hours. Activity #395. Please note: only sessions marked with an asterisk (*) in the schedule above are approved for CNE credit.

ADVANCED GRAPHIC COMMUNICATION advancedgraphic.net

Conference Registration

YES, I will be attending the 2018 North Country Women's Health Conference!

Name _____
 Address _____
 City/State/Zip _____
 Daytime Phone (____) _____
 Email address for registration confirmation _____

METHOD OF PAYMENT

VISA MasterCard Discover Check Enclosed
 Card # _____
 Expiration Date ____/____/____ Code _____

SESSION CHOICES (choose only one topic per session)

Session I A B C D E F
 Session II A B C D E F
 Session III A B C D E F

SUNDAY EVENING CLASS

4:30 pm 5:30 pm 6:30 pm

Register early, space is limited! We cannot refund registration fees unless cancellations are received by Monday, May 7th.

- YES. I will be requesting certification for nursing credit contact hours.
- \$70.00 per person conference fee: includes continental breakfast, luncheon, keynote, breakout sessions, health screenings, door prizes, gifts, vendors and much more.
- \$55.00 Luncheon and keynote presentation fee: For those who cannot stay the entire day, we are now offering an opportunity to attend the luncheon and keynote speaker. This includes the luncheon, vendors and an enjoyable afternoon at the OMNI Mount Washington Resort.
- YES. I will attend the Sunday Evening Fun activities! See details on inside panel.
- I would like to attend Judge Broderick's session **only** (no charge for this one SESSION)

Make check payable to LRH and send along with your registration to: LRH Community Relations, 600 St. Johnsbury Road, Littleton, NH 03561.
 For additional information, call (603) 444-9355 or register online at: www.littletonhealthcare.org.

One Fabulous RAFFLE TICKET

Take a chance to win spectacular raffle prizes—gifts, handmade items, gift certificates, and much more!

Fill out the following information and send with your registration, or bring it with you to the conference!

Name _____
 Street _____
 City _____
 State/Zip _____
 Daytime Phone (____) _____
 Email _____

