

27th Annual North Country Women's Health Conference

Presenter Topics - Session I: 9:15 – 10:15 AM

IA: Plan Now for the Future: Advanced Care Directives *

Alyssa Presby, BSN, RN, Manager of Outpatient Care Management

Introduction and review of Advance Directives and the importance of early discussion with loved ones.

IB: Anxiety Disorders - Diagnoses and Treatment for Women *

Erin Klasen-Orr, LICSW

Outline the prevalence, diagnostic criteria, and common treatment approaches of anxiety disorders.

IC: Reduce Pain with Yoga Therapy *

Meggen Wright, C-IAYT, RYT500, Reiki II

Learn the seven principles of pure movement for reducing chronic pain and compensation patterns combined with yogic breathing and mindfulness techniques.

ID: Top 10 Essential Oils for Women's Health

Tara Prue and Amy L. McCoy

An introduction of the top 10 essential oils that can support wellness, mood, and emotional well-being.

IE: Trouble Sleeping? Common Sleep Disorders in Women *

Teresa Green, MD, Diplomate, Sleep Medicine

Review the importance of sleep in health, the effects of sleep deprivation, and learn about the most common sleep disorders.

IF: Flats or Heels? Taking care of your feet *

Anna Ruelle, DPM, Podiatrist

Learn about foot and shoe problems unique to women in the workplace and sporting activities.



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Presenter Topics - Session II: 10:45 – 11:45 AM

IIA: Staying Active After Menopause *

Nicholas Marks, MD - Obstetrician/Gynecologist

Overview of the mental, physical, and dietary recommendations to keep women healthy and active after menopause.

IIB: Secrets from a Registered Dietician *

Ashley Wentworth, MS, RD, LD, Certified Registered Dietician

Lucy Gordon, RN-BC, BSN, CDE, Certified Diabetes Educator

Learn about everyday nutrition secrets and the truth about diets, healthy eating, and weight loss.

IIC: Allergy or side-effect? Common Reactions to Prescription Drugs!

Gail Seemueller, PharmD, RPh, Pharmacy Manager

What is the difference between a drug allergy and a drug side effect? And how should you document this information in your medical record?

IID: Tap Away Anxiety and Stress with EFT Tapping

Carrie Myers

Learn about Meridian Tapping, A.K.A. Emotional Freedom Techniques (EFT) and how this simple, yet powerful method is used to overcome fear, anxiety, and doubts that have kept you from experiencing success in certain areas of your life.

IIE: Cardiac Tests- What They Can and Can't Tell You About Your Heart and Risks *

Emil M. Pollak, Jr., MD, FACC, Cardiologist

Review how a Stress Test can help to identify heart disease and why it is important to be tested.

IIF: Care for the Caretakers

Rev. Lyn O. Winter, M.Div.

Caregiving is as much "being" as it is "doing". Learn how challenges can occur when we neglect the care of the care-taker.



27th Annual North Country Women's Health Conference Presenter Topics - Session III: 2:45 – 3:45 PM

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

Honorable John T. Broderick, Jr., Retired

Judge Broderick and his family share the public and challenging journey through the valley of mental illness that he and his family have experienced. Learn about the struggles, recovery, and lessons learned along the way, as well as their Campaign for Change Direction New Hampshire.

IIIB: Tinnitus and Hearing Loss *

Dr. Patrick Fitzpatrick

Talk with an Ear, Nose, and Throat doctor about ringing in the ear, hearing loss, and coping mechanisms.

IIIC: Morice Dennery, MD, Urologist

To Pee or Not to Pee...That Depends! *

Explore types of incontinence and its causes, as well as behavioral, medical, and surgical treatment options.

IIID: Planning for the Future - Financial Health

Maria Fantoni, Investment Advisor, SageView Advisory Group

Discussion on financial best practices, such as investing and planning.

IIIE: Preparing for Surgery like an Olympic Event *

Daniel O'Neill, MD, Ed.D, FAAOS, Orthopaedic Specialist

Preparing for any surgery can be critical to success; it is not all dependent on the surgeon. Join this session with an Orthopaedic Surgeon to talk about nutrition, infection, pain control, and recovery.

IIIF: Make Your Smart Phone Work for You

Veronica Francis, Notchnet

This fun workshop will help you discover apps to help you save time, monitor your health, get organized, or even ease stress!

