

Women's Health Forum '09 Taking Care of #1

Saturday, November 7 8:45AM – 3:15PM

Hosted by the Manchester Department of Health – 1528 Elm Street, Manchester, NH

The Women's Health Forum is an opportunity for women of all ages to enjoy a fun, informative, and rejuvenating day together! A joint effort by Catholic Medical Center, Dartmouth-Hitchcock Manchester and the Manchester Department of Health, this event is designed for women by women to provide insight on an array of women's health topics. This year's conference topics include:

Creating Abundance In Our Lives

Deborah LeClair, Psy D, Licensed Psychologist, Certified Life Coach, Full Spectrum Wellness, LLC

It can be especially challenging in times like these to gain clarity on personal goals and aspirations when we have a tendency to spend a lot of time thinking about scarcity--whether it's your finances, your career options or even your health. But how do you turn that all around to sustain positive momentum to reach those goals? The secret to success is out...and it's all about you. We'll explore and even try out some of the practical tools that can be used to transform fear and doubt into greater positivity and prosperity.

A Portrait of a Women's Health: Hormones and More Through The Lifecycle

Claire Fisher, CNM Dartmouth-Hitchcock Manchester

We've all been there...or some day will. Acne when we're teenagers, hot flashes later on. But why? And what can we do to better manage and care for our health and bodies during these phases? Learn about the different cycles we go through and join the journey through the life stages of our body including how proper diet, exercise and regular health screenings all add up to the all important recipe of your life.

Healthier Home - Healthier You!

Madeline Flagg, CIS, CMI, Purely Green Environmental, LLC

Scientists are now recognizing that the indoor environmental pollutants we face daily are a burden to our bodies, and the greening of your home and workplace are an important aspect of preventative medicine. Our bodies were just not meant to handle numerous synthetic chemicals, allergenic substances, electromagnetic radiation and so much more. We will explore the effects of an unhealthy environment with an emphasis on mold related diseases and offer simple, cost effective ways to green your indoors because what you can't see can hurt you. Learn how to fight back!

Stress and the Modern Woman- Natural Approaches to Self-Management

Khara Lucius, N.D. Bedford Counseling Associates

We all have stress in our lives and a little stress can actually be a good thing! But if stress happens to often or lasts too long, it can have ill effects on our mental and physical health. In this presentation, we'll identify healthy ways to relieve stress and reduce its harmful effects. We will end the day with a relaxation exercise that will leave you feeling rested and peaceful.