

*Joining Us for our 2025*

Saturday  
March 22, 2025  
8AM-4PM

# Women's Conference

10:00AM-11:15AM

**Holistic Health  
Assessment**  
Smitha Nair, MD

## Holistic Health Assessment

Look at your perspective across various domains of health and wellness using an assessment designed for exactly that. This will guide you as to what you can improve on after setting SMART goals to achieve more vibrant health.



Registration Opens February 1st

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## Power of Words

10:00AM-11:15AM

### Power of Words

Renee Lehman,  
MS, PT, MAC

**Words, words, words. We are surrounded by words. We use words to speak with one another and to ourselves in our own brain. The words that we use in our speaking about the "world" shape both our external environment, and our internal state and subsequent actions. If you are interested in learning about the power of words and the impact words can have on your health, be sure to join me.**

**We will discuss the power that words have and how to use them to support your body's energy (Qi).**

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## Sound: A Tool for Reflection, Healing, and Inner Peace

10:00AM-11:15AM

**Sound: A Tool  
for Self-  
Reflection..**

Heather  
Seraph Sound Sanctuary

Join Heather in this workshop focused on sharing the healing power of sound through an instrument we all have, our voice! Heather will guide participants in gentle breathwork and humming practices and share how these simple techniques can help you to combat stress, illness, and more! Everyone will settle in and prepare to transcend to alternative states of consciousness through various overtone instruments. Heather will utilize singing bowls, gong, Native American style flute, percussive instruments and more to guide participants to states of deep relaxation and inner peace. Bring along whatever you'll need to be comfortable on the floor or sitting in a chair. Yoga mats, blankets, and an eye pillow are recommended. Heather will have limited supplies available for use.

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10:00AM-11:15AM

## Qigong for Women

Joyce Ryman

## Qigong for Women

The participants in this workshop will be guided through seven gentle Qigong movements based on Traditional Chinese Medicine. These gentle stretches increase energy, strength, and balance, while reducing stress. The movements are appropriate for women of all ages and ability levels.

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## Create A Herbal Swag!

Mikell Y. Worley

## Create a Symbolic Herbal Swag!

Herbs have been used throughout history to protect, destroy, predict, inspire, lure and cure, and season. Experience a potpourri of herbal history, symbolism, legend and lore. Learn about the magical properties of herbs, and layer those that most appeal to you into a swag, rich in fragrance and symbolism! Immerse yourself in the fragrance of lavender, rosemary, sage, and more!



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## When Words Fail, Music Speaks

12:45PM-2:00PM

### When Words Fail, Music Speaks

**Taylor Hood**

Music Therapist

Founder of Notes of Healing Music  
Therapy

The power of music has helped people within numerous areas of their lives. During this breakout, Taylor will discuss how to use specific types of music to promote movement as well as provide experientials to further explore this topic. Taylor will utilize live and pre recorded music as well as provide handheld instruments/props to assist with moving along to the music. Come join Taylor for a fun and unique experience!

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12:45PM-2:00PM

**Aging**

**Gracefully..**

Devin Day DPT

Katie Livelsberger

## **Aging Gracefully: The Importance of Posture and Exercise**

**The golden years don't always feel so golden when pain and ailments plague you. So how do we learn to age gracefully as women? Learning how to achieve good posture is one of the key factors to improve muscular pain, improve balance, improve energy, and make you feel more confident overall. This workshop will teach you how poor posture affects you, how to correct this posture, how to improve overall balance, and how to age gracefully!**

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12:45PM-2:00PM

**Tune Up  
Your Body  
with Four  
Energy Gates**  
Renee Lehman

## Tune Up Your Body with the Four Energy Gates

In this session, you will learn a simple, self care energy practice that works as well as a general tune-up. By gently massaging and/or tapping the Four Energy Gates, it's like giving yourself an internal shower. They can help conditions such as menopausal symptoms, PMS, headaches, digestive upset, acid reflux, allergies, urinary bladder issues, sleep issues, and more. Who wouldn't want to feel more inner peace? Everyone can benefit from the Four Energy Gates practice--they are easy and safe. Make this your routine your go-to for everyday support in this modern world.

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12:45PM-2:00PM

**Wire Wrap  
Jewelry**  
Dot Gray,  
Local Artisan

## Wire Wrap Jewelry

This workshop demonstrates the basics of crafting silver and copper wires around stones. Every piece you make is unique. Twisting wire into scrolls and flourishes will result in a refined, beautiful necklace. Lapis, jasper, and moonstones are just a few of the stones you can embellish with this technique. Supply fee is \$10.

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12:45PM-2:00PM

Stewarding Our  
Bodies Well: Our  
Bodies, His Temple

Michelle Orsi  
ACE Personal Trainer

**Stewarding our Bodies Well:**

**Our Bodies, His Temple**

**Our bodies are integrated systems and function best when we give attention to the whole, this includes our physical, spiritual, mental, emotional, nutrition, home, friendships, and work lives. Come reorient and realign your focus on Him and His instructions for well-being. Stewardship matters.**

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# Women's Conference

2:15PM-3:30PM

**Staying Vertical:  
Balance &  
Fall Prevention**

Devin Day DPT  
Katie Livelsberger DPT

## **Staying Vertical: Balance and Fall Prevention**

**Learn the 3 system of balance and why fall risk increases as you age. Presenters will also share tips and tricks to reduce fall risk as well as exercises to help improve balance to help you stay vertical!**

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2:15PM-3:30PM

Intro to  
Junk  
Journaling  
Jude Farinucci

## Introduction to Junk Journaling

Explore the world of journaling and create your own junk journal! You will make one signature journal, decorate it and bind it together using a simple stitch. The journal will measure 6" x 9". Please bring any pictures, photos, cards, letters or papers that you would like to include in your journal to personalize it. You can also bring lace, fabric, or ribbons if you like. Please bring scissors, ruler, craft glue (any white glue works) and a medium size sewing needle. All other supplies will be provided. This will be a fun session where you can express your creativity. Supply fee \$8

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## Personalize An Empowering Mug

2:15PM-3:30PM

**Personalize  
An Empowering  
Mug**

Laura Vonella,  
My Aunt Fancy's

With some paint and a mug, change your day-everyday! Create a personalized mug with your favorite quotes or uplifting words to give you inspiration with your coffee or tea. Being an artist is not needed, just some open creativity with some woman power! Come share some words or stories while we create!

**Supply fee: \$10**

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2:15PM-3:30PM

**Beginner  
Zumba**  
Kelly Shade

## Beginner's Zumba

Have you been interested in trying out Zumba? Zumba Fitness is an exhilarating, effective, easy to follow, Latin-inspired, calorie burning, dance fitness exercise program.

Classes are designed to introduce easy-to-follow choreography that focuses on balance, movement and coordination. The classes focus on all elements of cardiovascular, muscular conditioning, flexibility and balance. This class will focus on how to modify any of the movements to fit your ability and goals. We strive for progress, not perfection! And finally, remember to have fun!

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## Empower Her: A Workshop on Healthy Relationships, Self-Care, and Empowerment

2:15PM-3:30PM

**Empower Her:**  
Healthy  
Relationships...  
Shanda White,  
Hanover YWCA

This workshop is designed to educate and empower women by providing tools for building healthy relationships, practicing self-care, and accessing resources for personal growth and safety.

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