

Someday you plan to start taking better care of your health. March 31 is the Day!

The Women's Wellness Day is an event dedicated to educating and empowering women about their health and well-being in an atmosphere of warmth, pampering, and sharing.

The event is packed with health screenings, dynamic keynote speakers, breakout sessions on important women's health topics, hobbies and more. Invite a friend, your mother or sister and join us for this special event. You deserve it!

Call 1-800-541-2600 to register. Registration is necessary due to limited seating. Visit www.crh.org for more details.

Date: Saturday March 31
Time: 7:30 am - 4:00 pm
Place: Holiday Inn Conference Center
2480 Jonathon Moore Pike, Columbus
Cost: \$35 for Women's HeartAdvantage Members. \$40 for non-members.

Keynote Speakers



Melinda Hunnicutt, MD
Heart disease is the #1 killer of women. Women will learn about the causes of heart disease, how to address those factors in a positive way and be inspired to start making heart healthy decisions for themselves and their families.



Jackie Walker
Co-author of *I Don't Have a Thing to Wear: The Psychology of Your Closet*. Women will discover who they are on the inside, dress for it on the outside and bring their closet into harmony with their life!

Join us for these Break-Out Topics

- **Oh My Aching Joints** – Douglas Federle, MD and Larry Olson, MD
- **Women and Heart Disease** – Elizabeth Ashworth, MD
- **Varicose Veins** – Anita Norris, NP
- **Your 50's and Beyond: Menopause and Osteoporosis** – Donna Darcy, MD and Cheryl Conetsco, MD
- **Restless Nights and Sleepy Days** – Jeffrey Hagedorn, MD
- **Cosmetic Enhancements** – Thomas Jackson, MD
- **Pelvic Health and Incontinence** – Caroline Ryan, MD
- **Proactive Cooking** – Chef Gethin Thomas
- **25 Tips for Organization** – Christine Rice, Professional Organizer
- **How to Organize and Preserve Your Photos** – Missy Jones, Scrapbook Consultant
- **Makeovers: Tips to Apply Makeup**
- **Get Organized In Your Kitchen** – Chef Gethin Thomas



COLUMBUS REGIONAL HOSPITAL

WOMEN'S WELLNESS DAY | SATURDAY, MARCH 31



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