Session I (9:00 – 9:50am)

**DIY/Design**
1) **CREATING MAGIC WITHIN YOUR SPACE**
Changing Spaces – Platinum Sponsor

*Presented by Lana Schafer & Meagan Phillips*

Come learn the “Do’s & Don’ts” in decorating your home, and how common mistakes can be turned into easy fixes. See how magic is created when everything comes together!

**Food/Fun**
2) **DID SOMEONE SAY “CHOCOLATE PARTY”?**
*Presented by Jennifer Brocato, The Cocoa Exchange*

Can’t get enough Chocolate? Find out how the Cocoa Exchange is bringing everyone together. Indulge and experience the numerous healthy benefits of using cocoa and how NOT SO much chocolate lovers have infused cocoa into their meals by eliminating bad sugars and carbs.

**Educational**
3) **DO SOMETHING, TAKE ACTION!**
*Presented by Rusty Havens, Abolitionist*

Human Trafficking: The illegal trade of humans against their will is happening in YOUR town. You will find out what it looks like, how you can help stop it, and how to distinguish myths and common misconceptions from actual facts.

**Health**
4) **RISE & SHINE: OVERCOMING SLEEP PROBLEMS**
Platinum Sponsor provided by Thrive

*Presented by Dr. Phillip Conner, Medical Director of Sleep Disorder Center of Louisiana*

Many things can affect a woman’s ability to sleep: hormones, babies, pregnancy, and menopause. Women battle more problems than men with falling and staying asleep. Dr. Conner will address the characteristics of sleep disorder in women.

**Health**
5) **LOOK LIKE A BEAUTY, TRAIN LIKE A BABY**
*Presented by Nicholas Cronan, PT/DPT - Lake Charles Memorial Health System, and Sarah Harmon, GIGI Fitness Coordinator/Personal Trainer*

If you want to conquer a better life, don’t just sit on the couch or in your office chair! Learn how the importance of cardiovascular exercises can help you swivel into Better Strength techniques for a Better Life.
2017 Fall Conference Program

**Technology**

6) GETWAITR! IT'S A LIFESTYLE, YOU'RE A PART OF IT AND YOU'RE LIVING IT!
*Presented by Chris Meaux, Founder/CEO/Chief Waitr of WAITR, INC.*

Have you been DIGITALIZED? Digital apps are many things and applicable to multiple uses. Come learn how modern apps have enhanced the quality of life and how apps accommodate our changing lifestyle to meet our daily needs.

**Spiritual**

7) CREATIVE WAYS TO LIVE MORE WITH LESS!
*Presented by Prophetess Tara Walker, SaveGenerationMe*

A healthy and spiritual lifestyle not only changes your body, it changes your attitude and mood. Learn how you can maximize your lifestyle in getting what you want, by having the courage to get rid of what you don't need.

**Health**

8) THE POWER OF TECHNOLOGY ENHANCED BY THE HUMAN TOUCH
*CHRISTUS St. Patrick – Platinum Sponsor*

*Presented by Matias Nauts, D.O.*

The days of “modern medicine” are quickly being replaced with the robotic technology of the future, providing more customized, precise and accurate treatments for today's families. From robotic procedures such as hernia, gallbladder, GI and gastric surgery, Matias Nauts, D.O., of CHRISTUS St. Patrick will share information on the advanced treatment technologies he is providing to men and woman of all ages, right here at home.

**DIY/Design**

9) GET TRANSFORMED-SPRAY, PLAY AND IT WASHES AWAY!
*Presented by Cathi Manuel, The Painted Peace*

Have you heard about a versatile world-renowned form of painting that started a revolution? Well come and join in, and learn the tips, hints, and secrets, you can do with chalk paint and maybe YOU will be the lucky winner of a decorative piece that will transform any room.

**Health**

10) RX FOR JOY!
*Presented by Fr. Whitney Miller & Laurie Cormier*

Feeling sad, bad or blue? Follow Alice down the rabbit hole and Dorothy down the Yellow Brick Road to health, happiness and wholeness. We have the Prescription (Rx) of Joy just for you!
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Session (II): 10:20 – 11:00 am

Health
11) BODY MAINTENANCE 101
Christus Lake Area Hospital– Platinum Sponsor

Presented by Dr. Clint Lincoln, M.D. Family Medicine, and Dr. Kilee Lincoln, M.D-OB/GYN Christus Lake Area Hospital Physicians

Just like taking your vehicle in for maintenance, the female body also requires an annual full-body check-up. From head to toe, a woman’s body yearns for upkeep. Get equipped with the tools required for maintaining an annual clean bill of health with the duo husband and wife physician team of Dr. Clint and Kilee Lincoln.

Financial
12) CLIP, CLICK, AND SAVE!
Presented by Amy Veuleman, Holiday Travel

Have you printed the only kind of money that the FEDs approve? Learn the right way to become a strategic shopper and how to save thousands of dollars yearly. Additionally, explore couponing through various applications on your smart phone and other digital platforms.

Educational
13) LOST LAKE CHARLES! UNCOVERING THE HISTORY OF THE LAKE AREA
Presented by Adley Cormier, Regional Historian and Author

Whether you’ve heard it was called “Charleston” or “Charles Town”, the fact is, now, it is Lake Charles. You will be entertained by Mr. Cormier, the Regional Historian and Author, and find out what you can uncover about the history of your homes and neighborhoods.

DIY
14) “DIY” BUILD YOUR OWN FARMHOUSE TABLE
Presented by Preston Schiele, Unique Customs, LLC.

Do you manage projects, or do you let them manage you? Check out this creative “make your very own farmhouse table” demo. You will be delighted how a simple project in wood can make time management easier and enjoyable.

Food
15) 3 WAYS TO LIVE A LOUISIANA LIFE WITH A SKINNY TWIST!
Presented by Shelly Marie Redmond, MS, RD, LDN-Culinary Dietitian, Author

Did I hear you say, Gumbo, Jambalaya, and Fried Shrimp? Yes, FEAR NO MORE! Learn from the widely recognized Queen of Healthy Cajun Cuisine, the Award Winning Culinary Dietitian, and the Author of Skinny Louisiana, how you can stay skinny, and yet avoid the “f*t word”.

Health
16) A LIFE DIVIDED AGAINST ITSELF CANNOT STAND!
Presented by Dr. Shandra Wilson, LPC-S, NCC

Come engage and learn the basics of emotional wellness and self-care. Healing doesn’t mean that the damage NEVER existed; it means you took charge and handled it through an abundance of positive “take charge” techniques.
Financial

17) DON’T BE A VICTIM!
First Federal Bank – Platinum Sponsor

Presented by Garland Prejean, Jr., Specialty Court Program Manager, Calcasieu Parish District Attorney’s Office

Be empowered and learn how to prevent identity theft and fraud from taking over your life. This workshop will provide you with the scoop on the tools you can use to monitor your personal information and your credit, as well as how to report any fraudulent activities and restore your life.

Health

18) BECOMING A THRIVING WOMAN!
Ashley Hornsby, and Katherine Stewart, PT – Thrive Physical Therapy

Changing your mindset and regaining your confidence is the power of a thriving woman. This workshop will cover several topics that will remove the stigma of urinary incontinence, pelvic organ prolapsed, and the after effects of pregnancy and delivery.

Session (III): 1:30 – 2:20 pm

Food/Fun

19) WHERE THERE’S A WHISK THERE’S A WAY!
Presented by Terri Kullerd Fontenot, Owner at Terri Bakes

Many great things can be resolved with kindness and laughter, but there are some things that just require a Cake. Discover the love of baking and the creative outlet of cake decorating that start in your mind and in your heart.

Health/DIY

20) “DIY” CREATE YOUR OWN ADVENTURES, IT IS THE BEST WAY TO A HEALTHY AND HAPPY LIFE.
Presented by Clare Coleman, No. 1 Ladies Hiking Society Co-Founder

Do you know how to inflate and live your life by a Compass, not by a Clock? Find out how hiking and travel can help overcome rheumatoid arthritis, depression, and other illnesses.

Fashion

21) THE POWER OF PERSONAL PRESENTATION
Presented by Cathy Brady

As a Woman, we tend to be our own worst critics. All women have something beautiful about themselves and no woman is perfect, no matter how perfect her life seems from the outside. Learn how your creativity, your compassion, and your sense of humor reflect: what you are wearing.

DIY

22) WANTED: CREATIVE MINDS! MAKE IT AND TAKE IT!
Presented by Melanie Ardoin, Junkin’ Gypsies Lake Charles

Come join the workshop where creative minds DON’T THINK ALIKE! Learn how to create home décor like no other with the use of wood and paint… a DIY you don’t want to miss!! Leave with your very own wooden slat creation. Creativity can be messy! Bring an old shirt for paint splashes.
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DIY
23) DISCOVERING THE BEAUTY OF YOUR HOME & GARDEN - REDEFINED DESIGNS!
Presented by Jamie Mihalcik, Masters in Landscape Architecture, Sales and Design, Green Gate Garden Center

Does your outdoor garden need a new look? In this DIY workshop learn how to create stunning fall planters and how to incorporate them into your outdoor fall décor.

Spiritual
24) RAISE YOUR VIBRATION AND RECALIBRATE YOUR LIFE!
Presented by Sarah Brink

Come and experience an opportunity to release things that hold you back from living an authentic happy life. This workshop provides you with information on how to raise your vibration and release density, which will prevent you from achieving the results you want in life.

Health
25) WHAT’S THAT SPOT, IS IT A BEAUTY MARK?
Lake Charles Memorial Health Systems – Platinum Sponsor

Presented by Dr. Hope Bueller, Lake Charles Memorial Hospital

Are you tired of looking at new and multiple spots on your skin? Come and discover which spots should raise concerns and what are the warning signs of skin cancer. After all, a girl’s gotta know!

Spiritual
26) THE POWER OF A WOMAN!
Presented by Nomica Guillory, LPN, BS, MS, CLC

This workshop is a much-needed opportunity for a Woman to Rise. Too often Women carry heavy loads in life with work, school, kids, and other everyday responsibilities. Discover how you can live a PURPOSEFUL LIFE using your very own POWER.

Health
27) STEP, STEP PAST FASHION HAZARDS
Platinum Sponsor provided by Thrive

Presented by Dr. Tyson Green, Foot and Ankle Specialist for Center of Orthopedics, Director of CHRISTUS Podiatric Surgery Residency

Never underestimate the Step and Fashion of a Diva, nor the Power of Dr. Green! Dr. Green will discuss the good, the bad and the ugly of most common foot problems, all in the name of fashion.

Financial
28) PERSONAL FINANCIAL SAFETY- WHAT YOU NEED TO KNOW!
Presented by Joe Becnel, VP Security Officer, Jeff Davis Bank

In today’s world, fraud is an increasing threat to each of us personally, along with businesses and financial institutions. Scams such as “Work from Home”, “Romance”, “Grants”, “and Mystery Shoppers”, along with email compromises, will be covered. Hear real life stories of victims of these scams and how to avoid becoming a victim.
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Session (IV): 2:40 – 3:40 pm

DIY/Holiday Decor
29) HERE COMES THE HOLIDAYS! Treasures of Marilyn’s – Platinum Sponsor

Presented by Marilyn & Beth Dawdy

Get inspired for the holidays with clever decorating tricks and chic ideas to spread plenty of cheer this season! For 38 years, Marilyn’s Flowers and Catering has been entertaining and staging events across Louisiana. This dynamic mother/daughter duo combines traditional and modern trends to help inspire you for the upcoming holidays.

DIY/Decor
30) DIY, HAPPINESS BLOOMS FROM WITHIN!
Presented by Lucinda Peltier, L’Auberge Casino Resort

You will learn how you can create that special flower arrangement for any occasion; or simply just how a flower doesn’t have to compete with the next flower, but blossom from your inner soul!

Food/Fun
31) Rum-tastic! The Story of Bayou Rum
Presented by Lisa Cortese, Visitor Center Manager Bayou Rum

The history and love of rum in Louisiana and the story of how Bayou Rum is becoming “American’s Rum.”

Health
32) FIGHT LIKE A GIRL!
Presented by Daniel Hoffpauir, Lake Area Brazilian Jiu Jitsu

Protect yourself and fight back! Learn how to think and act defensively. Also, you will learn how to subconsciously identify dangerous situations. DON’T BE A VICTIM!

Health
33) SO YOU WANNA DANCE?
Presented by Lucy Carroll, Barry Barron, & Dorothy Lewis, Soul 2 Soul Dance Production

Dancing is a passion, an addiction, possibly an obsession, or maybe your lifestyle! Whatever it is, come in join Soul 2 Soul and learn the latest steps in line-dancing and two-stepping, along with a bit of Zydeco.