

2018 FALL CONFERENCE WORKSHOPS

SESSION I: 9:00 -9:40 AM

1. WEIGHTED DOWN

St. Patrick Hospital-Platinum Sponsor (*health*)



Presented by Dr. Adrienne Breaux

So many people are overweight and can't figure out how to take it off. Because of the extra weight, a large number of people suffer with diabetes, hypertension, high cholesterol, and heart disease. Join Dr. Adrienne Breaux as she talks about the why we are overweight, the risks, how we metabolize food and how to take back control of your health and look and feel better.

2. THE POWER OF PERSONAL PRESENTATION



Presented by Cathy Brady

As women we tend to be our own worst critics. I believe all women have something beautiful about them and no woman is perfect, no matter how perfect her life seems from the outside looking in. Don't fall into the trap of being pigeon-holed by a size number. We are all in this life together, so dress to express. Show your creativity, your compassion, your sense of humor with what you wear. When you are comfortable in your clothes, you exude confidence. When you are confident, others notice your positive attitude, and positivity is contagious. "Over the years I have learned that what is important in a dress is the woman who is wearing it," Yves Saint Laurent. Be that important woman.

3. DOING IT ALL!! FROM BOARD ROOM TO DATE NIGHT!!



Presented by Jasmine Tezeno, Dillard's

Who has time to completely re-do their make-up after work to enjoy a night on the town? So why not turn your daytime look into a sultry night look without completely having to start from scratch! We will show you how with what you already have and just accentuate with a few bold choices saving you time and money! You will have more time enjoying your evening versus dreading what to do with your makeup.

4. MUSCLE ACTIVATION FLEXIBILITY-CORE-BALANCE+ NO PAIN!



Presented by John Foret

A revolutionary approach to the assessment and correction of muscular imbalances and joint instability that lead to pain, dysfunction, and limited mobility. A non-invasive technique combined with specific re-enforcement exercises designed to balance the muscular system in order for it to function with maximum efficiency.

5. MAKING DIY a DI-REALITY WITH A HOME IMPROVEMENT LOAN

First Federal Bank-Platinum Sponsor (finance)



Presented by Cheryl Burns, Loan Specialist and Debra Lewis, Assistant Vice President & Loan Specialist

In this intensive workshop, Cheryl Burns and Debra Lewis will talk Home Improvement Loans 101 and show how DIY projects can be funded with a loan from First Federal Bank of Louisiana. Cheryl and Debra are lender specialists who can show you the ins-and-out of finding the right loan for your project as well as how to apply.

6. I AM STRONGER!



Presented by Pastor Hope Snider, Christian World (spiritual)

How many times have you felt that YOU are the only one holding everything together? Are you the one who has to always be strong for everyone else? If so, you know that it's impossible to be Superwoman 100% of the time. How can we do all the things that we have to do and be all the things that we have to be and still remain strong? Most mornings after looking at our to-do list, we just want to get back in bed and pray that it will all take care of itself! We feel overwhelmed, stressed, and drained. We need to remember that there is a source of strength available for us. If you want to learn to be StrongHER, join Pastor Hope as she gives practical and motivational insight on how to live a victorious life.

7. GET BETTER SLEEP FOR A GREAT LIFE
Healthy Image-Platinum Sponsor (health)



Presented by Dr. Phillip Conner, Board Certified Sleep Specialist, Sleep Disorder Center

Sleep affects every aspect of your life. Job satisfaction and performance, weight gain or loss, emotional, mental, and physical health: all of these are impacted by the quality of sleep you get each night. Dr. Conner will explain why these areas are affected as well as signs of sleep problems and most importantly, what you can do to regain control of your sleep to improve your life.

SESSION II: 10:10 -11:00 AM

8. HOT TOPICS IN FAMILY LAW: MARRIAGE, CHILDREN, AND PROPERTY



Presented by Becky Hunter, Esquire, and Patricia Manetsch, Esquire, Family Law Attorneys (legal)

General legal information on a variety of family law topics, including: intra-family adoptions; navigating divorce; modifying, child custody, support, and visitation; and protecting your assets.

9. STYLE WITH CONFIDENCE: DAY TO NIGHT



Presented by April Nixon-Aguillard, Odyssey Salon Owner

Paul Mitchell national educator will demonstrate easy Techniques to transition from a busy work day to a fun night! She will show you how to up your game any day of the week! And answer your many hair questions!

10. THE BEST MAN FOR THE JOB IS A WOMAN



Billy Navarre Auto-Platinum Sponsor (*personal development/career*)

Presented by Ryan Navarre, Dealer

The workshop will focus on the keys to success in business.

11. LOVING WITHOUT EXPECTATION



Presented by Dr. Pearl Nelson Resolutions Counseling Services, LLC (emotional/mental)

Dr. Nelson will provide practice tools that women can use to expect, demand, and require that they give and receive love in a way that is healthy and meaningful and that they love others in a way that promotes health and well-being.

12. PROTECTING YOUR PROPERTY RIGHTS



Ron Richard-Platinum Sponsor

Presented by Ron Richard, Esquire (finance)

Understanding issues that can affect your rights to property you own and how to protect yourself from those issues.

13. IT'S IN THE GENES



Lake Area Medical Center-Platinum Sponsor (health)

Presented by Dr. Alice Prestia

Self-exams and annual mammograms are great ways to stay on top of your breast health, but there's a better way to determine your breast cancer risk. In this session, Dr. Alice Prestia, Medical Director of the CHRISTUS Lake Area High-Risk Breast Cancer Surveillance & Genetics Clinic, will discuss how genetic testing, counseling, and creation of an individualized plan of action specific to your genetic make-up, can greatly lower your Breast Cancer Risk and help you take your health into your own hands.

14. CREATING YOUR DREAM SPACE



New Look Furniture-Platinum Sponsor (DYI)

Presented by Rebecca Fruge

Create the intimate and comfortable bedroom of your dreams. Transform your relaxing space with a mix of new colors and patterns. Our designer will give you the ideas and the confidence you need to spice up your bedroom

LUNCH WILL BE SERVED IN THE COLISEUM AT THE NORTH END OF THE FIRST FLOOR AT 11:15 AM. OPENING REMARKS BEGIN PROMPTLY AT 11:30 AM GUEST SPEAKER TAMRON HALL

SESSION III: 1:30-2:20 PM

15. MEDICAL MOMS: A PANEL ON WOMEN IN MEDICINE

Lake Charles Memorial Health System-Platinum Sponsor (health)



Presented by Drs. Gisele Hawkins, Amanda Ellington, Anna Morehead Best

Working moms discuss challenges and triumphs balancing personal lives with demanding careers in the medical field. Panel, Q&A discussion encouraged.

16. DIY PROJECTS



Presented by Constance Bellard and Carolyn Brice, Stine's Home and Garden (DYI)

Love crafting? Love flowers? Love DIY? Come meet with our Stine Garden Center Pros and create a DIY project for your home and garden, get some ideas on upcoming holiday DIY's and have fun.

17. HOW TO DRESS YOUR MAN

New Look Fashion-Platinum Sponsor (*other-fashion*)



Presented by Mitch Bush ("Mitch the Man")

Is your husband keeping up with the latest trends and representing you your best? Let us help you fit and color coordinate with that special man in your life for any occasion. See what's new with our fashion experts and our models.

18. AGING WELL!

Home Health Care 2000-Platinum Sponsor (health)



Presented by Stephanie Morris, GSN Director of Public Relations

What are the secrets to aging well? It takes a number of strategies to stay healthy & vibrant late in life. Learn about services, strategies, and tips that help individuals achieve a healthy state of wellness through the aging process.

SESSION IV: 2:40 -3:30 PM

19. "DIY" BUILD YOUR OWN FARMHOUSE TABLE



Presented by Preston Schiele, Unique Customs (DIY)

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.

20. CREATIVE MINDS: MAKE IT AND TAKE IT!



Presented by Melanie Ardoin, Junkin Gypsies Lake Charles

Pallet art on a smaller scale. Perfect little piece for the holiday time. Leave with your very own wooden slat creation Creativity can be messy! Bring an old shirt for paint splashes.

21. PET HEALTH CARE “TREASURE YOUR BEST FRIEND!”



Presented by Dr. Wade Woolman, Downtown Animal Hospital (animal health)

Do you own a pet? Are you thinking about getting a dog or cat? Learn about mandatory healthcare, general healthcare maintenance of our furry little friends and keep them healthy, happy and by your side for years!!

22. IN HER SHOES: LIVING WITH DOMESTIC VIOLENCE



Presented by Kathleen Williams, Executive Director & Ashley Chretien Williams, Asst. Director Oasis A Safe Haven @ Calcasieu Women’s Shelter (domestic abuse)

Living with domestic violence. Why doesn’t she leave?

They are so beat down emotionally they think they cannot make it without him.

They haven’t worked in years; how will they support themselves?

Lack of transportation.

Lack of family support due to the isolation they have endured.

He has threatened to kill her and/or the kids.

They love him, think he will change.