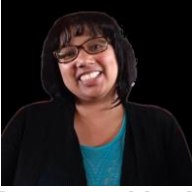





2019 FALL CONFERENCE WORKSHOPS

SESSION I 9:00 – 9:40 am

<p>1. MONEY SAVING TIPS (Finance)</p>  <p>Presented by Nypheteria Clophus, Account, Owner Visions Financial Services</p>	<p>Have a dream that you need financed? Looking to save money for family dream vacation? Looking to start up your own business? Want to learn how to save for a “rainy day.”</p> <p>If so, then this is the Workshop for you. Come and learn tips and tricks on saving money.</p>
<p>2. DON'T BE SCAMMED (Finance)</p>  <p>Presented by Angela Guth, President, CEO Better Business Bureau</p>	<p>Do you want to protect yourself from those unwanted phone calls, emails and mail aimed at getting your hard-earned money? This workshop will provide information about the latest scams and how to avoid them.</p>
<p>3. I GOT INSPIRED! NOW WHAT? (Spiritual/Inspirational)</p>  <p>Presented by Pastor Hope Snider, Christian World</p>	<p>How many of you have ever been inspired to do something? You joined the club, activated the membership, bought the supplies, read the books, made a vision board, etc. the question is “WHAT NOW?”</p> <p>Most of us have been inspired and then just left it right there! During this session, we’re going to answer the question “WHAT NOW?”</p>
<p>4. PUTTING MEAT ON THE BONES: HOW TO “FLESH OUT” YOUR GENEALOGY (Personal Development)</p>  <p>Presented by Armajeane G. Declouet, Genealogy Librarian, Pujo Street Library and member Genealogy Society</p>	<p>Learn how to trace your Genealogy. Discover the many available resources including those free ones available at your local genealogy library. Paid to find out your DNA and want to find the heritage of where that 10% came from? Learn to navigate some of the bumps and bruises you may find along the way. Finally document, document, document before amputating.</p>

**5. VACATION PACKING SIMPLIFIED
(Fun and Fluff)**



**Presented by
Amy Veuleman, HolidayTravel**

Ready to go? Want to save on additional luggage charges? Have a chance to scoop up a quick getaway? Learn from a travel expert how to pack your vacation gear to save weight, time, space and money on additional luggage charges and how to find a great last-minute getaway.

**6. WHAT WOMEN WANT TO KNOW ABOUT THEIR HEALTH
(Health)**

**CHRISTUS OSHNER HEALTH
SOUTHWESTERN LOUISIANA
Platinum Sponsor**

Presented by



**James Barrow, MD,
OB-GYN with
CHRISTUS Ochsner Health
Southwestern Louisiana**



**Kilee Lincoln, MD
OB-GYN with CHRISTUS
Ochsner Health Southwestern
Louisiana**



**Matias Nauts, MD
General Surgeon with
CHRISTUS Ochsner Health
Southwestern Louisiana**



**Gudrun Reed, MD
Primary Care and Family
Medicine physician with
CHRISTUS Ochsner Health
Southwestern Louisiana**



**Dr. Michael Turner,
Cardiologist with CHRISTUS
Ochsner St. Patrick Hospital**

Why do I feel like this? What should I do to be healthier? What's the latest technology for surgeries? This amazing panel of physicians will answer all of your health questions. We have some of the best docs in Southwest Louisiana representing primary care, OB/GYN, surgery and others. If you have questions about your health, this panel is for you. We will have opportunities for you to ask questions directly to the group or turn them in anonymously. Don't miss this wealth of knowledge and get all the answers you need to be your healthiest self!

**7. DON'T HURRY; SLOW DOWN TO LIVE WITH PURPOSE.
(Personal Development)**



**Presented by: Julia O'Carroll, Owner
of Tea At Walden**

What does living with purpose actually look like every day? Are you bothered by being so busy that you are missing meaningful moments? Learn tangible steps that can clarify these questions and help you cultivate daily practices that keep you out of the infinite cycle of busy. A life well lived consists of days well spent. Join Julia O'Carroll for a cup of tea and a talk that just may change your life.

SESSION II: 10:10 – 11:00 AM

**8. GAME OF HOMES
(Finance)**



**Presented by
Melissa Hamilton/Flavin Realty,
Inc./Sales Manager/ Associate
Broker**

Real Estate home buying and selling – it is more than a game. In our fast-paced real estate world find tips for buying a home as well as how staging helps sell a house faster. Learn the advantages of pre-qualifying to be ready to move when the right home magically appears.

**9. FINDING PEACE AND HAPPINESS
IN RAISING YOUR CHILDREN
WHILE UNTAPPING THEIR
POTENTIAL FOR SUCCESS
(Spiritual/Inspirational)**

**BILLY NAVARRE AUTO
Platinum Sponsor**



Presented by Ryan Navarre

Awaken the desire for excellence in your children. Encourage them to learn to love the feeling of honest hard work to achieve their goals. Help them to become their best and then BETTER. Light that fire!!!

**10. THE LAW TODAY & YOU
(Finance)**

**LUNDY, LUNDY, SOILEAU & SOUTH,
LLP**

Platinum Sponsor

Presented by:






Jackey South, Partner,



Kristie Hightower, Partner

If you and/or a loved one were injured through no fault of your own, what protection do our current laws provide? Learn how current civil laws and proposed changes can affect you and/or a loved one personally. Come hear the rest of the story!

<p>11. STARS, STRIPES AND STAMPS (Fun and Fluff - DIY)</p>  <p>Presented by Helene C. Hebert, As you Wysh Designs</p>	<p>Learn how to make sensational personal greeting cards with simple stamping and embellishment techniques. This make and take workshop gives attendees a chance to create a personal greeting card to share with friends and family.</p> <p>Limited to first 60 registrants.</p>
<p>12. CLOSET VIP'S (Fun and Fluff)</p>  <p>Presented by Karen Spencer, Fashion Expert and Event Coordinator CHICO'S</p>	<p>What five basic "Very Important" pieces do you need to build a wardrobe? Learn what current styles, colors and other pieces to add to these "VIPs" to complete your signature look and enhance your wardrobe.</p>
<p>13. PERFECT SET OF GENES (Health) MEMORIAL HEALTH CARE SYSTEM Platinum Sponsor</p>  <p>Presented by Mary Lowery Nordberg, Ph.D.</p>	<p>Genes make up who we are. What can we learn about ourselves through genetics? Come along to this seminar with Mary Lowery Nordberg, Ph.D. to find out!</p>

SESSION III 1:30 – 2:20PM

14. DECOMPRESSING BUSY MINDS FOR A RESTFUL NIGHT OF SLEEP (Health)

HEALTHY IMAGE
MARKETING/THRIVE MAGAZINE
Platinum Sponsor



Presented by Phillip Conner, MD,
board certified sleep specialist and
medical director of the Sleep
Disorder Center of Louisiana

We juggle many things throughout the day. Often, it can be difficult to relax and slow the brain enough to fall asleep. Whether you deal with occasional insomnia or simply want tips to prepare for a restful night of sleep, Dr. Conner will provide proven techniques to help you get the sleep you need.

15. HOME OWNERSHIP MADE EZ (Finance)



Presented by
Mary Guidry-Ringo, Re/Max Realty
Pros, Kyle Alaniz, Nations Lending,
Contessa Bell, Lakeside Bank
Branch Manager, Mary Kaye
Thomas, Bayou Title

Four questions of HOW, WHY, WHEN, AND HOW MUCH in the home buying process are answered in this informative and fun workshop. Learn how to be in position to buy a home in 2019. Find helpful resources and valuable information from a lender, credit repair specialist, a title company representative and a licensed realtor and notary public who will demystify the process and answer questions. Awesome door prizes will be given.

16. CREATE THE FUTURE YOU WANT!! (Personal Development)



Presented by
Joyce Conant –Executive Sr. Sales
Director, Mary Kay, Inc

Having the Freedom and Flexibility to “be”, “do” and have the life you want comes from working for yourself. Start your own business and plan the future you want. Come to learn keys to a successful business. If you are not planning your future, no one else will.

17. ARE YOU A SCREAMING PEACOCK?
(Personal Development)
 CITGO
Platinum Sponsor



Presented by Julie Laperouse, Chief Peacock at Screaming Peacock

When are you your best self? Do you even know what that looks like? Is that version of you buried somewhere under a mountain of laundry and three reports due this week? Come have a laugh while we talk about identifying the things that matter, avoiding personal “mission creep” and finding your SCREAMING PEACOCK.


18. THE FUTURE OF FABRICS FOR FURNITURE
(Fun & Fluff)
 NEW LOOK FURNITURE
Platinum Sponsor



Presented by Rebecca Fruge, Interior Design

Today’s busy lifestyle with children, pets and grandchildren does not have to keep us stressed out worrying about spills, smudges and keeping our new upholstery clean. Discover state of the art technology brands with unique cleanability capacities. Learn to choose wisely to keep furniture vibrant looking for years so you can relax and enjoy countless moments with grands or pets snuggled up together on that new furniture find.

19. WOMEN SPEAKING POWERFULLY: HOW YOU CAN BE BETTER HEARD IN A ROOM FULL OF MEN
(Personal Development)



Presented by Michelle Jordan, Director of Personnel and Resource Development at the Calcasieu Clerk of Court office

Practical tips and instructions on how to overcome some common challenges women face in communicating with men in the workplace. This humorous and pragmatic guide will offer you suggestions you can use immediately in presenting your point of view – so that you are heard. This workshop is designed for those who wish to have input in decision making or want to become decision-makers themselves.

SESSION IV – 2:40 – 3:00 PM

**20. FAMILY FEUD?!? TERRIFIC TV,
BUT A LOUSY LEGACY!
(Finance)**



**Presented by Betty A. Raglin,
Attorney-at-Law**

Avoid being part of a “family feud” with proper planning and steps taken in advance of illness or incapacity. Leave your family on the “Love Boat” and not the “Titanic.”

**21. SOUL OF SUCCESS
(Spiritual/Inspirational)**



**Presented by
Sharon Darville Wilson, Judge,
Division F of the 14th Judicial District
Court**

Maintaining a successful soul in today’s work environment is often challenging. We will discuss the difficulty of being a successful career woman without compromise and how developing a successful soul will lead to a successful career.

**22. GET YOUR FIT ON!!! (Fun &
Fluff)**



**Peggy Stollsteimer, Zumba Gold
Instructor, Ward 3 Recreation**

This workshop is designed to get you up and moving. Never tried Zumba? Here is your chance to try it out. There will be music and fun! Come join us and Get Your Fit On!

**23. WELCOME TO THE WORLD OF
VINYL (Fun & Fluff)**



**Presented by
Melissa Hill, Owner of Niche
Creative Studio**

It’s time to learn about the latest trend in DIY – craft vinyl! Available in so many colors and designs, vinyl allows for easy personalization and creation. Workshop will cover types of vinyl, cutting machines, application, and easy tips and tricks. Attendees will leave with a take home vinyl project of your very own!

Limited to first 100 registrants.