This day-long event includes the Celebrate Women luncheon and over 30 speakers in more than 15 amazing sessions (both interactive and informational) about business, community, education, and medicine.

7:30–8:30 A.M.
REGISTRATION/VENDOR BOOTHS

8:30–9:30 A.M.
OPENING KEYNOTE SPEAKER

Superwomen: Gender, Power, and Representation
Carolyn Cocca, Author

Carolyn Cocca teaches politics, law, and gender studies at the State University of New York, College at Old Westbury. Her latest book is the Eisner-Award winning Superwomen: Gender, Power, and Representation. Superwomen investigates how and why female superhero characters have become more numerous but are still not-at-all close to parity with their male counterparts.

9:45–10:45 A.M.
CONCURRENT SESSIONS

Making a Difference in Political Office
Jo Ann Davidson, Former Speaker, Ohio House of Representatives
Betty D. Montgomery, Former Ohio Attorney General and Auditor

Fighting the Cause of Cervical Cancer: Becoming Informed about HPV (CEU)*
Sue Jacks, RN, Licking Co. Health Dept., Ohio Dept. of Health’s Breast & Cervical Cancer Project
Michelle Bird, RN, Licking Co. Health Dept., Ohio Dept. of Health’s Breast & Cervical Cancer Project
* 1.3 contact hours for nurses by the Ohio Nurses Association. Credits cannot be awarded to those who fail to register.

Helping Others to Find Their Superpowers: Mentoring Organizations
Jacki Dickinson, Interim Director, Franklin County Community Based Correctional Facility
Tami Wallake, Owner, The Olive Branch Coffee & Pizzeria, Wallake Realty
Robert Adamson, Founder/Director, One Bistro

Energizing Ergonomics: An Interactive Session about Adding Energy to Your Life (CEU)
Dr. Roberta Payne RN, BEN, DC, Owner/Director, Buckeye Weight Loss, Columbus, Ohio
Cynthia Coakley, A.C.E. Certified Personal Trainer

Stamping Out Drug Overdose and Saving Lives: Project Dawn-NARCAN Training (CEU)
Angela Snider, MS, RN, APRN-BC, Manager, Fairfield Medical Center, Emergency Department

Information booths for organizations and businesses will be available throughout the day.
Superheroes Wear Nursing Capes: She Decided to Stay (CEU)
Rick Schneider, Community Educator, FairHoPe Hospice & Palliative Care, Inc.; Author
Mary Scott, RN, CHPN, Home Care Manager, FairHoPe Hospice & Palliative Care, Inc.

11:00 A.M.–12:15 P.M.
KEYNOTE SPEAKER
Facing Your Fears (CEU)
Michelle Poler, founder of Hello Fears

Michelle Poler is an international inspirational and motivational speaker who has spoken to organizations around the world about the power of facing fears. She is also the host of YouTube/ Podcast series Dear Younger Self, and the founder of Hello Fears, a platform where everyday people get to inspire everyday people with stories of courage.

12:15 P.M.–1:30 P.M.
LUNCHEON, KEYNOTE & AWARDS
Recognizing Our Superpowers Keynote Speaker: Colleen Marshall, Columbus News Anchor and Attorney

Colleen Marshall successfully combines the practice of law with her work as an Emmy Award-winning broadcast journalist. In addition to her family law practice at Massucci Law Group, Colleen is co-anchor of Columbus’ NBC4 television news and host of the weekly political program, NBC4’s The Spectrum.

More information at ohio.edu/lancaster/events/celebratewomen.cfm

1:45 P.M.–2:45 P.M.
CONCURRENT SESSIONS
Your Super Power to Serve for Meaningful Living at All of Life’s Stages (CEU)
Cathy Levy, Pedal-with-Pete Foundation

EMDR Methods of Treatment for PTSD (CEU)
Heidi A. Marshall, Staff Lieutenant, Ohio State Highway Patrol/Training Academy/Ohio ASSET Program

Mary Moore-Farrow, LSW-S, Clinical Social Worker, Independent Practice

Super Powers in Prison Reform (CEU)
Ronette N. Burkes-Trowsdell, MJA, Warden, the Ohio Reformatory for Women

Be Your Own Hero First: A Guide to Self-Care for Super Busy Women (CEU)
Kendra Lucas, Graduate Student, College Student Personnel, Ohio University

Makenzie O’Keeffe, Graduate Student, College Student Personnel, Ohio University

Be a Super Woman Entrepreneur: How to Start a Business
Shanne Swinehart, Identity Designs

3:00 P.M.–4:00 P.M.
CONCURRENT SESSIONS
Women in Poverty: Superhuman Survival Skills (CEU)
Debra O. Smith, M.A., Adjunct Instructor, Ohio University

Patricia Woots, LPC, LCDC, Program Manager, Fairfield County ADAMH

Dr. Paige Guthell Henderson is a family medicine doctor in Columbus, Ohio and is affiliated with multiple hospitals in the area, including Mount Carmel East and West Hospitals and OhioHealth Doctors Hospital. She received her medical degree from Ohio University College of Osteopathic Medicine.

*Door prizes to follow in Auditorium

The Power of Food and Nutrition (CEU)
Shannon Curry, B.S., Lifestyle Educator/Owner, Passion Wellness, LLC

Mary Weller, Ph.D., RDN, LD Independent Nutrition Consultant, Abbott Nutrition

Philanthropic Superstars
Amy Eyman, Executive Director, Fairfield County Foundation
Anna Tobin, Executive Director, Meals on Wheels

Older Adult Alternatives of Fairfield County
Finding Super Ways to Defend Yourself
Bryan McKeon, Adjunct Instructor, Ohio University

Reaching Your Super Future Financial Goals

Amber L. Phillips, 200HYT, Rise Yoga Ohio

4:00 P.M.–4:30 P.M.
CLOSING KEYNOTE*

Final Reflections: Bringing it All Together (CEU)
Paige Guthell Henderson, D.O. ’02, Heritage College of Osteopathic Medicine

Dr. Paige Guthell Henderson is a family medicine doctor in Columbus, Ohio and is affiliated with multiple hospitals in the area, including Mount Carmel East and West Hospitals and OhioHealth Doctors Hospital. She received her medical degree from Ohio University College of Osteopathic Medicine.

*Door prizes to follow in Auditorium

Limited space, Pre-registration required.

Early Bird Registration deadline—March 1st
Registration closes—March 20th

Please return your registration form and payment to: Ohio University Lancaster, Celebrate Women, 1570 Granville Pike, Lancaster OH 43130. Or register online at ohio.edu/lancaster/events/celebratewomen.cfm.

Name:________________________________________
Address: _______________________________________
Email:________________________________________
Phone:________________________________________

□ Sign language interpretation needed
□ Early Bird Registration by March 1st: $25 non-students, $20 students, and $125 physicians.

Registration after March 1: $40 non-students and $35 students (includes lunch and sessions throughout the day).
In addition to the Registration Fee, attendees interested in CEUs should pay an additional $40 administrative fee for CEU credits.

Celebrate Women T-shirts
T-shirts are pre-order and pay at the door

BUFFET LUNCH
Soup, Salad, and Baked Potato Bar—Fresh garden greens and hot baked potatoes served with a variety of toppings. Two soup choices, including chicken tortilla and broccoli cheese.