

## Schedule of Events

8-8:45 a.m. Registration and Breakfast

8:45-9:15 a.m. Welcome & Plenary

9:15-9:45 a.m. Break/Exhibitors

9:45-10:45 a.m. Session I

10:45-11:15 a.m. Break/Exhibitors

11:15 a.m.-12:15 p.m. Session II

12:30-2:30 p.m. Lunch & Keynote

## Thanks to Our Partners



DELAWARE WIC PRO-  
GRAM  
1-800-222-2189



Delaware Health  
and Social Services



May 12, 2006 — 8:00 a.m.-3:00 p.m.  
Sheraton Hotel & Conference Center  
Dover, Delaware

## “Balancing Life’s Transitions”

Sixth Annual



Presented by



Delaware Health  
and Social Services

&



## Keynote Speaker



**Mary LoVerde** is an internationally recognized expert in life balance strategies and the author of three best selling books: Stop Screaming at the Microwave, Touching Tomorrow, and I Used to Have a Handle on Life but It Broke. She has appeared on the Oprah Winfrey show four times, ABC

World News Tonight

with Peter Jennings and on an ABC 20/20 special on stress. Mary presents a wealth of uplifting insights and innovative ideas for taking small steps in the right direction for a less stressful, more satisfying life.

*Mary will sign her books at the Expo. Bring your own copy or buy one on site!*

## Screenings

- Blood Pressure
- Body Mass Index
- Cardiovascular
- Colorectal
- Diabetes
- Hearing
- Mammography
- Oxygen Saturation
- Vision
- Depression
- Gambling
- Memory
- **And more!**

## Workshops

Session I will be 9:45-10:45 a.m., and Session II will be 11:15 a.m.-12:15 p.m. Attend one workshop during each session, **OR** skip a session and use the extra time to visit exhibitors! *(Some workshops may be presented only once. Please check the schedule on the day of the Expo.)*

### **Joining Generations**

From grandparents caring for young ones to adult relations with their elder parents, learn about supports and resources available to assist these relationships.

### **Money: You Are in Charge!**

Delaware Money School will show you how to quit daydreaming and start meeting your financial goals.

### **Nutrition and Fitness As We Grow**

A panel provides healthy nutrition and fitness information for each age stage of our life.

### **Overcoming Unexpected Changes**

Hear first hand what has sustained others during times of change from personal challenges to Hurricane Katrina.

### **The Balancing Act**

Learn some simple, effective ways to prioritize and manage activities and change in your life.

*Registration opens at 8 a.m.;  
program begins 8:45 a.m.*

## Register me!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Organization (optional)

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email (optional)

**Confirmations will be by EMAIL ONLY.**

If you live in Delaware, which county?

New Castle     Kent     Sussex

Not a Delaware resident

Are you an **employee** of the State of Delaware?

Yes     No

Please return with your \$25 check  
(written to State of Delaware)

by **April 28th** to:

Women's Wellness Expo 2006  
P.O. Box 1711  
Dover, DE 19903

*Includes breakfast, lunch, screenings &  
materials.*

**NO WALK-IN REGISTRATIONS**

### **Questions?**

Call the Expo at

**302-744-4700**

or visit

[www.dhss.delaware.gov/dhss/admin/wwe2006.html](http://www.dhss.delaware.gov/dhss/admin/wwe2006.html)