



Heart-to-Heart conversations

ABOUT WOMEN & CARDIAC DISEASE

Covenant Healthcare's Women's Well-Being™
2005 - 2006 Speaker Series & Daylong Conference



The Latest Technology in the Hands of Experts Who Care
Sponsored by the Wheaton Franciscan and Felician Sisters.



A few thoughts that could **save your life.**

Heart disease kills *more women than men* each year, yet it is still mistakenly thought of as a "man's disease." The truth is, heart disease is the most important health concern facing women today, claiming about 500,000 female lives a year. That's more than the next six causes of death combined.

At Covenant Healthcare, we think it's time for a heart healthy change. So this year, we are focusing our annual Women's Well-Being education series totally on women and heart health.

We will provide facts and strategies that could save your life at our four-part Monday evening series with a few laughs and a lot of inspiration. Each session will help you understand one aspect of heart health, empowering you to take charge of your own future. It culminates with a daylong event offering a host of information, motivation and activities that will do your heart good. Miriam Nelson, PhD, author of "Strong Women, Strong Bones" and now "Strong Women, Strong Hearts," will be one of the featured presenters that day.

When it comes to heart disease, your thoughts and actions can dramatically affect the outcome. Every day, you make choices that affect your risk. During this four-part series you will learn how simple lifestyle changes can dramatically increase the odds in your favor. So take time for yourself—to learn, to talk with others and to simply recharge your batteries at these programs.

With knowledge, support and being a "champion of your own health," women of all ages can live stronger, healthier lives.

That's a goal we should all take to heart.

2005 - 2006 Speaker Series

Covenant Healthcare has created a powerful speaker series to bring health, wellness, inspiration and laughter to women of all ages. You won't want to miss these thought-provoking dialogs with a lineup of respected speakers who offer valuable insight into women's issues. Their words of wisdom will help you tackle the challenges of everyday life and recharge your mind, body and spirit. Sign up to attend this exciting Women's Well-Being series as soon as possible, as lectures often sell out.

JUST FOR YOU

Each event in the series will feature light refreshments and informational booths with materials on health and wellness. You will have the opportunity to learn more about programs and resources offered throughout Covenant to help you on your way toward a healthier heart.

CENTRAL LOCATION

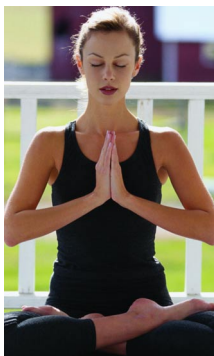
Once again, the series will be held at the St. Joseph Outpatient Center, centrally located at 201 North Mayfair Road in Wauwatosa. There you'll find ample, free parking and spacious accommodations.

SAVE MONEY!

You may purchase the entire series or a complete package, which includes the daylong conference at the Italian Conference Center on March 11, 2006. The more events you attend, the more money you save! A limited number of tickets to individual Monday lectures may be available for \$12 each after September 30, 2005. To inquire about the availability of individual tickets, please call (414) 447-2846 after that date.

QUESTIONS? – Please call (414) 447-2498.

2005 - 2006 Speaker Series



October 10, 2005 – "Pump up your exercise program"

Maureen Dunigan, RN, BSN, Nurse Director, Cardiac Rehabilitation

Barbara Scotty, Exercise Specialist, Cardiac Rehabilitation

Pat Culotti, Certified Tai Chi Ch'uan Instructor

Jan Halonen, Certified Yoga Instructor

If you add a regular movement (exercise) program into your lifestyle, you may reap a lot of healthy benefits, such as lower blood pressure and reduced risk of obesity and diabetes—all of which can help halt heart disease. You may also notice feeling less stressed, more energetic and happier overall.

Here's your opportunity to sample movement genres, including Tai Chi, Yoga, Strong Women Strong Bones (strength training) and learn safe and effective ways to get yourself—and your heart—in good shape. Come dressed in comfortable shoes and loose-fitting clothes. No sweat!



November 14, 2005 – "Recipe for a healthy heart"

Jennifer Bartolotta, The Bartolotta Restaurants

If you think "nutritious" and "delicious" are mutually exclusive terms, you're in for a treat. Jennifer Bartolotta, one of Milwaukee's top restaurateurs, will show you how you can still savor one of life's greatest pleasures and stay healthy at the same time. Jennifer will demonstrate some heart healthy cooking techniques from her many fine restaurants. She will also share secrets on making heart-smart choices, while still getting maximum enjoyment out of your dining experience. When you know the facts, the menu from any restaurant is an open book.



January 9, 2006 – “Apples & pears”

Marie Savard, MD, Author of *Apples and Pears: The Body Shape Solution to Weight Loss and Wellness*

Nationally recognized author and pioneer in women’s health Marie Savard, MD, offers insight about body shape—and how it can affect heart health and fitness. Women have a natural predisposition to store fat around their waists (forming an apple shape) or lower down around their hips, thighs and buttocks (forming a pear shape). Dr. Savard draws on decades of research to explore the implications this has on weight-loss, menopausal symptoms, response to birth control pills and hormone replacement, emotional volatility and body image—as well as risks of breast cancer, heart disease, diabetes, osteoporosis and other disorders. Discover powerful solutions that sidestep the physical and emotional pitfalls of body shape to help you lose weight, feel healthier and live longer.



February 20, 2006 – “You’ve gotta be kidding: Laugh your way to a healthier heart”

Cynthia Solliday-McRoy, PhD, Behavioral Health Specialist

Laughter can be a powerful medicine. Here’s proof. A study from the University of Maryland School of Medicine shows that laughing causes physical effects in the blood vessels similar to the effects of exercise. In other words, a chuckle a day just may keep the doctor away.

In this session, you’ll earn how to use laughter to protect your heart, lower blood pressure, foster instant relaxation, reduce pain, elevate mood, boost immune system, improve brain function, connect to others and generally make you feel good all over. Come ready to laugh!

2006 Women's Well-Being Conference

Saturday, March 11, 2006

8 am – 3 pm | Italian Conference Center - 631 E. Chicago St., Milwaukee

Over the past four years, nearly 4,000 attendees have enjoyed this day dedicated to women's wellness. In addition to the breakfast, lunch and afternoon presentations, the daylong conference includes breakout sessions on topics related to heart disease. The Healthy Living area will offer a variety of free health screenings, interactive learning opportunities and more. The ticket price includes all programs, health screenings, meals and thank-you gifts.

This year's keynote speaker, best selling author Miriam Nelson, PhD, offers words of wisdom that will empower women to take charge of their own heart health. Dr. Nelson outlines a practical action plan for nutrition, exercise, weight management, behavior and other lifestyle strategies that can safeguard women against cardiovascular disease.

An associate professor at the Friedman School and the director of the John Hancock Center for Physical Activity, Dr. Nelson has published six other books in the "Strong Women" series, all dedicated to women's health. She has appeared on the Oprah Winfrey Show, Good Morning America, The Today Show, CNN, Fresh Air and the Discovery Channel.

CONFERENCE SCHEDULE

- | | |
|----------------|--|
| 8 – 9 am | Registration, Inspiration & Welcome
Continental Breakfast |
| 9 – 9:30 am | Women and Heart Disease – An Overview
Edith Lepgold, MD, Medical Director - Center for Women's Well-Being, Covenant Healthcare |
| 9:30 – 10 am | Comedy Sportz - Milwaukee's own nationally recognized improvisational theatre group will test your knowledge about women and heart disease. Be prepared to laugh, learn and most importantly – join in the fun! |
| 10 am – Noon | Breakout Sessions & Healthy Living Information Area |
| Noon – 1:30 pm | Lunch and Keynote Speaker
Miriam Nelson, PhD – Strong Women, Strong Hearts |
| 1:30 – 3 pm | Breakouts and Healthy Living |

Breakout topics include: heart healthy shopping, weight management, mind body connection, sleep issues, midlife issues, making heart health a priority, heart disease in women, the heart of a spiritual woman, heart myths & facts – what about that red wine and dark chocolate and more.

REGISTER NOW!

or call (414) 447-2846 to register over the phone.

There are several Women's Well-Being ticket purchase options:

Option #1:

Speaker Series (all 4 lectures) and Daylong Conference Package \$85

Option #2:

Daylong Conference \$55

Option #3:

Speaker Series: Complete package (all 4 lectures) \$45

MY CHOICE:

Option #1 (*complete 4-program speaker series and daylong conference*)

____ Quantity @ \$85 each Total cost= _____

Option #2 (*daylong conference only – Saturday, March 11, 2006*)

____ Quantity @ \$55 each Total cost= _____

Option #3 (*complete 4-program speaker series*)

____ Quantity @ \$45 each Total cost= _____

TOTAL ENCLOSED: _____

A limited number of tickets may be available to individual lectures for \$12 after September 30th, 2005. To inquire about the availability of individual tickets, please call (414) 447-2846 after that date.

Your Name (Please print)

Address

City

State

Zip

Daytime Phone

E-mail

Check (Payable to: "Covenant Healthcare's Women's Well-Being" or "CHWWB")

Please charge my: MasterCard VISA American Express Discover

Name on Card: _____ Signature: _____

Billing Address: _____ City/State/Zip: _____

Card Number: _____ Expiration Date: _____

You will receive confirmation, including tickets. Speaker schedule is subject to change without notice.

Tickets are transferable to others, but no refunds are available.

Please mail this form in an envelope with payment to:

Covenant Healthcare's Women's Well-Being™

St. Joseph Regional Medical Center - Marketing & Public Relations

5000 W. Chambers Street, Milwaukee, Wisconsin 53210



WOMEN'S WELL-BEING

5000 West Chambers Street
Milwaukee, Wisconsin 53210

Non-Profit
Organization
U.S. Postage
PAID
Milwaukee, WI
Permit No. 3258

Facts worth taking to heart...

- 8,000,000 American women are currently living with heart disease - 10% of women ages 45 - 64 and 25% age 65 and over.
- 435,000 American women have heart attacks each year.
- Heart disease is the leading cause of death of American women and kills 32% of them.
- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer.