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Media Advisory

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March 16, 2001

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Media Advisory

Event: Seminar: Complementary Options in Women's Health: Making Our Own Choices

Date: March 31 (Saturday)

Time:

- 7:30-8:45 a.m.--Registration
- 8-8:45 a.m.--T'ai Ch'i
- 9 a.m.--Keynote Address -- Holly Novak, M.D.
- 9:45 a.m.--Break and Coffee
- 10 a.m.--First group of breakout sessions
- 11a.m.--Second group of breakout session
- 12-12:30 p.m.--Closing comments and evaluations

Location: Main Lounge, Memorial Student Center, 104 E. University St., Bloomington

Admission: \$30 for Health-care providers and community members and \$15 for students. Pre-registration is required. To pre-register, call (309) 556-3051.

Background: The focus of Complementary Options in Women's Health: Making Our Own Choices is expanding women's health awareness of complementary or alternative medical treatments, which are scientifically approached and research based.

The event will feature keynote speaker Holly Novak, M.D., discussing "Women's Health Across the Lifespan." Novak is the founder of Novak Women's Health Center in Bloomington.

Breakout Sessions will include the following topics:

- Alternative Psychotherapy, Kathy Tournquist, M.S., R.N.
- Integrative Health Options for Women, Barry Slotky, M.D.
- Meeting Women's Health Care Needs, Jackie Deffenbaugh, M.S., R.N., WHNP
- Therapeutic Touch, Jane Brue, M.S., R.N.
- Skin Care Alternatives, Wendy Woith, M.S., R.N.
- Reiki and Women's Health, Lee Ann Rasmus

Others are expected and will be announced at the conference. Also, there will be informational booths sponsored by Novak's Women's Health Center, Ladies Workout Express, Angelica's Heaven on Earth and Marshall and McCracken Spa.

This event is sponsored by the IWU Theta Pi Chapter of Sigma Theta Tau International Society of Nursing.

