

## 2017 WOMEN'S FORUM REGISTRATION

Please Read Carefully and fill out completely.

*Women's  
Forum*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: (H) \_\_\_\_\_ (C) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

My NON-REFUNDABLE \$20.00 registration fee is enclosed.

My registration includes continental breakfast, workshops, tote bag, and lunch.

Please be sure to list your 1st, 2nd, and 3rd choices.

**SESSION 1:** 10:00 AM - 10:50 AM

Workshop: 1-23 Please list choices below.

Choice: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_

**SESSION 2:** 11:00 AM - 11:50 AM

Workshop: 24-46 Please list choices below.

Choice: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_

Lunch-check one: Ham/Cheese \_\_\_ Turkey/Cheese \_\_\_ Chicken Salad \_\_\_ Tuna Salad \_\_\_ Hummus Pita \_\_\_

**SESSION 3:** 1:15 PM - 2:05 PM

Workshop: 47-70 Please list choices below.

Choice: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_

**SESSION 4:** 2:15 PM - 3:05 PM

Workshop: 71-94 Please list choices below.

Choice: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_

Registration by mail deadline is March 11, 2017. Registration at the Forum opens at 8:00 AM.

Advanced Registration is Recommended!

Make your checks payable to: **Women's Forum**

**MAIL TO:** Women's Forum • PO Box 3274 • Fredericksburg, VA 22402



## **Session 1: 10:00 – 10:50**

- 1. Knitting 101. Bring needles & yarn if available. If not, attend anyway. Sharon Adinolfi, Instructor.**
- 2. Do It! Volunteering Made Easy for Senior Visitor Program. Theresa Bowers, Dir. Senior Visitors.**
- 3. Therapy Dogs: Bringing Joy and Comfort. Martha Clark and Jesse, a therapy dog.**
- 4. Thriving on a Plant-based Diet. Change your life – eat vegetarian. Christine Carlson.**
- 5. Basic Building Blocks of Genealogy Research. Using genie proof standard. Shannon Bennett, genealogist.**
- 6. Masks: How They Impact and Affect Self-Esteem. Remove masks—feel liberated. Rev. Felecia Cook, Shiloh Old Site Baptist Church.**
- 7. Squeeze Before You Sneeze. Manage incontinence. Melissa Eagleton, PT, DPT, WCS.**
- 8. Journey of Adoption. Adoption process from types to finalization. Elizabeth Gabel, LBSW. Adoption. Supervisor.**
- 9. Simple Ways to Create Healthy Life Habits. Break free from bad habits. Joan M. Geisler. LifeFit Academy.**
- 10. When to See a Chiropractor. Have a pain free life-go chiropractor. Dr. Erica Heppe, Chiropractor.**
- 11. Secret to Sustainable Weight Loss. Learn the ‘no diet’ secret. Faye Krause, RDN.**
- 12. Dressed to Impress. Janice Lancaster.**
- 13. How to Be The Best Advocate For Your Child. Opportunities for travel abroad and leadership. Rhonda C. Lyle.**
- 14. Is There a Book in You? Published author gets you started! Sandra Manigault. Author and Educator.**
- 15. What If Everything Starts in the Gut? Bacteria, bugs, viruses—get them working for you. Katie Mahoney, C.H.H.C.**
- 16. Know the 10 Signs: When Is Forgetfulness a Problem? Signs, myths, facts. Lori Myers, Dir. Alz. Assoc.**
- 17. Getting Your House in Order Financially. Budget and manage to avoid debt. Dr. Shelley Viola Murphy.**
- 18. Enriching Your Life Through Journaling. Create a writer’s journal, book and more. Joy O’Toole.**
- 19. Successful Planting of Spring Bulbs. Tips on selecting and planting. Diana Wallace Perrussel.**
- 20. Zumba! (gym shoes required). Pam Reynolds.**
- 21. Create the Life You Love. Women are key family financial planners. Tina Smith, LCD.**
- 22. Thyroid, Hormones & Your Brain. Correct problems naturally. Dr. Christine Thompson. DC.**
- 23. Update Your Workplace Wardrobe Using Thrift Shop Finds. Evelyn White. Arts & Flowers.**

## **Session 2: 11:00 -11:50**

24. **Quick Home Repairs Women Can Do.** Sundra Adinolfi.
25. **Blue Star Mothers Chapter VA4. Family member in military? See us.** Mary Lou Bowers
26. **Book Groups- Enjoy Reading Groups and Books.** Mary Buck and Christie Hoerneman, CRRL.
27. **Thriving On a Plant-Based Diet. Change your life – eat vegetarian.** Christine Carlson, CRRL.
28. **Container Gardening. How to use containers in gardening.** Laurie Clarkston, Master Gardener.
29. **Getting Your Ducks In a Row. Document important information.** Linda Clevenger. Org. Direct.
30. **Beading: Make Your Own Bracelet.** Angel Coker.
31. **Hands on Physical Therapy.Upper & lower extremities demo.** Dr. Kash Eagleton, DPT, SCS.
32. **Journey of Adoption. Adoption process from types to finalization.** Elizabeth Gabel. LBSW.
33. **Useful Technology for Seniors: Overview.** Chuck Gray and Beth Solka, Assistive Services, CRRL.
34. **Beautiful You by Mary Kay.** Donna Green.
35. **When Prayer is Not Enough – Challenges of the heroin epidemic.** Dr. Hamilton-Stubbs.
36. **Age Beautifully and Healthfully. Be your best at any age.** Donna P. Hetrick, nutritionist.
37. **Creativity and the Authentic Self. Using art as a means of self-discovery.** E.H.Kindred.
38. **Be The Best Advocate For Your Child. Opportunities for travel abroad and leadership.** Rhonda Lyle.
39. **Forever Thin: Reaching Your Ideal Weight. No drugs, dieting or surgery.** Sandra Manigault. Author. Educator.
40. **Genealogy 101: Diggin’For Your Roots.** Dr. Shelley Viola Murphy.
41. **Fermenting Foods. Health benefits of fermented foods.** April Payne, Ext. Agent, Spotsy. County.
42. **That Would Be Ma’am to You. Mysteries featuring little ol’ lady sleuths.** Meg Raymond. CRRL.
43. **Retirement Tax Planning – Pay Yourself First. Secure your retirement.** Karen Redding. EA.
44. **Colonial Dance. Learn beautiful colonial dance moves.** Elaine Sturgeon, dance mistress.
45. **Want to Write? Articles, poems, books and more.** Linda White, author.
46. **The ABC’s of Advocacy. Learn skills to obtain best outcomes.** Brenda Wright. Family Services Coor.

## **Session 3: 1:15 – 2:05**

47. **Emotional Eating. What to do about it.** Kimberly Brumbach, Health Psychology Coach.
48. **Quilting 101 and More.** Pat Burroughs, quilter.
49. **The Art of Down-Sizing. Moving to smaller home? Decisions!** Linda Clevenger, Org. Direct.
50. **How to Get Started Tracing Your Family History. Use GPS for researching.** Shannon Bennett, Genealogist.
51. **Masks: How They Impact and Affect Self-Esteem. Remove masks-feel liberated.** Rev. Felecia Cook. Shiloh Old Site Baptist Church.
52. **Simple Ways to Create Healthy Life Habits. Break bad habits.** Joan M. Geisler, LifeFit Academy.
53. **Repurposing Clothes: The Art of Refashion. Give thrift shop finds a second chance.** Gabby Gilliam.
54. **Avoiding Ransomware. How to keep your computer safe from cybercriminals.** Chuck Gray, CRRL.
55. **How to Love Your CPAP Machine. Improve comfort and sleep.** Dr. Hamilton-Stubbs.
56. **Child's Performance Issues: Identify. How to handle the explosive child.** Dr. Judy Jacobs.
57. **Feel the Energy Through Meditation: Embrace Mindfulness.** Azra Khan. Student Support Mng.
58. **Time For Tea. Tips on preparing impromptu tea for two or ten.** Connie Knowles, Amber House Tea.
59. **Five Tips to Spring Clean Your Diet. Improve your diet and health today.** Faye Krause, RDN.
60. **Mom's Treasure, My Headache. The art of letting go.** Kim Moulds, Smooth Transitions.
61. **What's Your Story and Who is Writing it? It's About You.** Dr. Shelley Viola Murphy.
62. **What Can You Do to Prevent Pain. Pelvic and urinary pain.** E. Kristen Park, RPT.
63. **Preservation of Food. How to keep your canned foods safe.** April Payne, Ext. Agt. Spotsy. Cty.
64. **Love Those Herbs! Have herbs year round. Using and saving herbs.** Diana Perrussel, Master Gardener.
65. **Aikido. Non-violent Self Defense For Women.** Donna Pienkowski. Aikido instructor.
66. **Successful Small Business Tax Planning. Tools for small business owners.** Karen Redding, EA.
67. **Stretch Your Automobile Budget. Make better choices-save money.** Dan Ritchie, Express Auto.
68. **Yoga For Everyone: All Sizes Included. Everyone can do yoga!** Kara Rockwell, CRRL.
69. **Line Dancing with the Silver Liners Dance Team.** (gym – soft shoes required).
70. **Branding and Marketing Your Start-up Small Business For Success.** Linda Vaughan, consultant.

## **Session 4: 2:15 – 3:05**

- 71. 10 Tips For Living a Life You Love. Reflect on and share life's lessons. Sally Cooney Anderson.**
- 72. Mah Jongg. Introduction. Tiles and play of the game. Linda Baer.**
- 73. Toastmasters International. Develop your speaking skills. Have fun. Mary Lou Bowers.**
- 74. Body Image 101. How to feel good in your body. Kimberly Brumbach, Health Psychology Coach.**
- 75. Butterfly Gardening. Learn to attract butterflies to your garden any time. Mary Henderson.**
- 76. Effective Communication and Conflict Resolution. Communicate well! Dr. Judy Jacobs.**
- 77. Challenges With African American Genealogy. Getting organized. Dr. Shelley Viola Murphy.**
- 78. Getting Your Dog Trained! Tips on training and dog behavior. Julie Paul, trainer.**
- 79. How to Set Up a Small Business. Guidelines for new business owners. Karen Redding, EA.**
- 80. Stretch Your Automobile Budget. Make better choices-save money. Dan Ritchie, Express Auto.**
- 81. Consumer Scam Alert! Be aware. Be safe. Keep safe-avoid scams. Kara Rockwell, CRRL.**
- 82. Maneuvering Murky Waters of Adolescence. Raising positive teenagers. Honore Schrade, MSW.**
- 83. Line Dancing with the Silver Liners Dance Team. (gym-soft shoes required).**
- 84. Exploring Glass as an Artform. Tracing the evolution of an ancient craft into an art form. Jeanne M. Tanks, Glass Aglow Studio.**