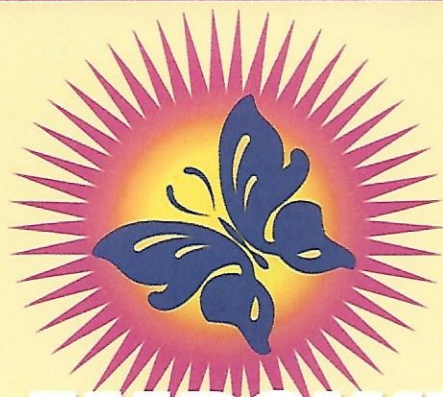


# PROGRAM



## EMPOWERED THROUGH HEALTHY LIVING

### 2018 WOMEN'S HEALTH CONFERENCE

Saturday, October 6<sup>th</sup>  
8:00am - 3:30pm

New Covenant Church of Philadelphia  
7500 Germantown Avenue  
Philadelphia, PA 19119

Cost: It's **FREE!**

#### ONLINE REGISTRATION

Visit [womenshealthnccop.eventbrite.com](http://womenshealthnccop.eventbrite.com)  
to complete your registration

OR

Visit [www.nccop.church](http://www.nccop.church) (look for this flyer on  
the home page and click the **RED** or **PINK** button  
under it for registration).

\*Pre-registration recommended for adequate lunch  
\* Walk-Ins accepted



**8:00am-12:00pm**

**Registration**

**Blood Pressure Screenings**  
(conducted for duration of Conference)

**8:00am-9:30am**

**Cholesterol Screenings**  
(pre-registration required; fasting necessary prior to screening)

**9:00am-9:50am**

**Zumba Class**

Ms. Deneene Worthington & Mr. Nicholas Walker

**9:00am-9:50am**

**Gift Of Life Donor Program & Panel Discussion**  
Ms. Leslie R. Jean-Mary (Multicultural Outreach  
Coordinator-Community Relations)

**10:00am-10:15am**

**Welcome**

Rev. Dr. Hyacinth Bobb Grannum, First Lady Denise Oliver  
(New Covenant Church of Philadelphia)  
& Ms. Cortney L. Reed (Einstein Healthcare Network)

**10:15am-10:20am**

**Introduction of Emcee**

Ms. Fatima Barlow

**10:20am-10:25am**

**Introduction of Keynote Speaker**

Ms. Cherri Gregg, Esq., Community Affairs Reporter,  
KYW Newsradio 1060

**10:25am-11:00am**

Ms. Davita Garfield

*"From Pain to Power: How to Own Your Body, Find Your  
Voice and Become Your Own Advocate Over Your Health."*

**11:00am-11:05am**

**Introduction of Panel Speakers**

Ms. Cherri Gregg, Esq., Community Affairs Reporter,  
KYW Newsradio 1060

**11:05am-12:02pm**

**Empowered Through Healthy Living**

Dr. R. Choudry - *Cardiology*

Dr. R. Collins - *Psychology*

Dr. L. Jablon - *Breast Surgery*

Dr. A. Rosenzweig - *Neurology*

Dr. K. Stamper - *Obstetrics & Gynecology*

**Q&A Session**

**12:15pm-12:50pm**

**LUNCH IS FREE**

**1:00pm-1:50pm**

**WORKSHOP - SESSION 1**

**2:00pm-2:50pm**

**WORKSHOP - SESSION 2**

**3:00pm-3:30pm**

**Raffle / Closing Remarks**

Special thanks to



and



for their wonderful food donations for the conference.

[momsorganicmarket.com](http://momsorganicmarket.com)  
[weaversway.coop](http://weaversway.coop)

## REGISTRATION

### 1. Register ONLINE:

Visit [womenshealthnccop.eventbrite.com](http://womenshealthnccop.eventbrite.com)

OR

Visit [www.nccop.church](http://www.nccop.church) to find this flyer  
on the home page and click on the **RED**  
or **PINK** button under it to begin registration.

### 2. OR MAIL completed form by:

Saturday, September 22, 2018 to:  
New Covenant Church of Philadelphia  
7500 Germantown Avenue  
Philadelphia, PA 19119

Please print clearly

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

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

Day Phone \_\_\_\_\_

Email \_\_\_\_\_

## WORKSHOPS

### Workshop Session 1 ~ 1:00pm-1:50pm

(Select one option for Session 1)

- ☐ Ms. Trish Hushen (Stroke Awareness)
- ☐ Nutrition (Einstein: A Better Start Dietician / Healthy Eating for the Family with Food Demo)
- ☐ Dr. Jingduan Yang (The Benefits of Acupuncture for Women's Health)
- ☐ Ms. Melanie Nelson (Human Trafficking in Philadelphia)
- ☐ Dr. Deborah Olusa & Ms. Erika Wimms (Breast Health Matters)
- ☐ Dr. Ron Renzi (What Every Woman Should Know About Diabetes and Men)

### Workshop Session 2 ~ 2:00pm-2:50pm

(Select one option for Session 2)

- ☐ Dr. Dandridge Collins (Trauma In The Church)
- ☐ Dr. Wilbert Warren (Are You Playing Russian Roulette With High Blood Pressure?)
- ☐ Dr. Ryan Brannon (Managing Abnormal Bleeding During A Woman's Lifetime: Adolescence to Menopause)
- ☐ Ms. Linda Shanahan, MSN, RN (Using Herbs To Promote Health: Where Do I Begin?)
- ☐ Ms. Hattie McCutcheon (Things You Should Know To Avoid Illnesses & Maintain Health: The Importance Of Vitamins & Minerals In Your Daily Routine)
- ☐ Ms. Natasha Somalia and Ms. Michelle Tollen (A Natural "Do" For A Natural You - Hair Care)

## LUNCH OPTIONS

Please check ONE box for the lunch of your choice:

- ☐ Turkey
- ☐ Vegetarian
- ☐ Tuna
- ☐ Chicken

## CHOLESTEROL SCREENING

Do you want **Cholesterol Screening?**  
(Fasting Required Prior to Screening)

- ☐ Yes ☐ No

**Lunch is FREE & T-Shirt is FREE (while supplies last)**  
**(1 per person)**