

Women's Fall Conference Workshops 2022

SESSION I

9:00 – 9:40am

CHRISTUS Health/Ochsner Health System

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“Why Weight?”

Why Weight? Weight loss has eluded many for years. Although most diet and fitness plans report that it is as simple as calories in versus calories out, it is not always that simple (or easy) for many women. CHRISTUS Ochsner General Surgeon, Dr. Matias Nauts, will explore why weight loss is important and why it is sometimes so tough. He will also explore what options you have if you feel like you have tried it all.

“A Spiritual Moment”

Pastor Hope Snider, Christian World

Back by popular demand, allow Pastor Snider's faith guide you to a refreshing break in our busy world and enjoy a comforting moment away from the noises of life.

“Women's Self Defense”

Lieutenant Joshua Donovan, Calcasieu Parish Sheriff's Office

Do not pass up this opportunity to learn the proper techniques of self-defense and the importance of situation awareness. Trained in firearms, hand-to-hand combat, SWAT and more, Marine Corps Veteran Senior Sergeant Donovan will provide you with critical skills and information. Your life may one day depend on the knowledge shared by this renowned and proven expert in his field.

“Don't Get Scammed!”

Angela Guth, President and C.E.O., Better Business Bureau Serving Southwest Louisiana

Do not allow yourself to fall victim to the many scammers waiting to prey on all of us. Whether online or on social media or at your door, scammers lay in wait. Allow Angela Guth to share with you her invaluable tips to avoid becoming yet another victim!

SESSION II

10:10 – 11:00am

Lake Charles Memorial Health System

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“Lumps, Bumps and Your Ta-Ta's”

Amanda Ellington, MD

Every breast is unique and equipping you with the best knowledge of how to take care of YOURS is essential. SWLA's breast expert, Amanda Ellington, MD. General Surgeon with **Lake Charles Memorial Health System**, will share ways to reduce your risk of breast cancer, how to manage abnormal screenings and how to keep your “girls” healthy.

Home Health 2000

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“Journey to Vitality”

Do you want to live a healthy, happy and vibrant life? *Stephanie Morris, BSN, Dawn Reed, M.Ed., CPHQ, Pastor Hope Snider, Dr. Lakisha Williams, PSY.D., Carolyn Shelton, Chef & Etiquette Coach* offer their best tips for renewing, restoring, revitalizing, and rejuvenating your life. Join the hosts while they provide transforming information, enjoy a makeover segment with

fashions from Chico's FAS, and learn tips on how to improve your health and wellness. Free giveaways and lots of surprises!

“The Opioid Epidemic in SWLA”

Dr. Lacey Cavanaugh, Medical Director of Office of Public Health, Tanya McGee, Imperial Calcasieu Human Service Authority

The opioid epidemic has far-reaching tentacles throughout SWLA. These experts will share valuable information and available resources to assist families and individuals affected in so many ways by this tragic medical emergency.

“Harvesting and Homesteading”

Lynne LaVergne, Agribusiness and Family & Consumer Sciences' Specialist

Learn what to do with all that food bounty! Explore tips and tricks to make the most of fresh produce from your garden or those bought in bulk, as well as to organize outdoor space for year-round gardening, a wise move in our current economy!

Cox Cox Filo Camel & Wilson

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How social media can affect your claims and other important legal tips!

11:15 - Luncheon with Keynote Speaker

SESSION III

1:30-2:20pm

Lundy, Lundy, Soileau & South, LLP

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“Plan While You Still Can”

What about the future? Take purposeful steps in planning now to bring peace of mind to you and your loved ones.

“Promoting Self-Sufficiency and a Personal Intro to the Calcasieu Mobile Medical Unit”

Dr. Lacey Cavanaugh, Medical Director of Office of Public Health, Tanya McGee, Imperial Calcasieu Human Service Authority, Erika Doshier, Assistant Director of the Division of Human Services”

The old “Health Unit” concept has grown and developed into so much more with a wealth of no cost and low-cost resources for a wide array of health and medical issues. This panel of experts will share those opportunities and provide everyone with a tour of the actual new Mobile Medical Unit housed in Calcasieu Parish.

West Calcasieu Cameron Hospital

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“In Search of Optimal Health; A Woman's Guide”

Suzy Gillard Trahan, LDN, RDN, Wellness Director, Dynamic Dimensions Fitness Centers and Vanessa Hardy, MS, LDN, RDN, Work Well Employee Wellness Coordinator for West Calcasieu Cameron Hospital

Health can be defined as “a state of optimal well-being, not merely the absence of disease and infirmity.” Optimal health requires a balance of all things related to the person as a whole-body, mind and spirit, but what does optimal health really feel or look like? While hormones play a key role in the development of diseases and aging, there are many lifestyle choices you can make that are easy and effective ways to improve your overall health. Learn how to start your own personal journey.

“To Serve and To Be Served”

Sister Miriam MacLean. RSM, PhD, LCSW, Executive Director, Catholic Charities of Southwest Louisiana

There is far more to Catholic Charities than just food distributions! Learn about the many services of Catholic Charities of Southwest Louisiana, serving at various sites within the five-parish area, as well as the many opportunities available to serve others. “Learn what you are good at and exploit it in service to others.”-Larry Winget

SESSION IV

2:40-3:30pm

“Medical Insurance Made Easy”

Kathy Sonnier, Hub International

Getting ready to retire? Have a question on your medical insurance coverage? Learn how to navigate the Medical and Medicare Maze in this interactive workshop.

“Plugged In – Live Wire Lady 101”

Kim Montie, Executive Director, Cameron Parish Port, Harbor and Terminal District

It doesn't always require an electrician for small electrical issues. The lady or man of the house can get it done! Stations and equipment will be provided for hands-on training.

“Pasta – It's More Than Just Spaghetti!”

Michael Gardner, Creator/Owner, Pasta Lab

Lake Charles is now home to Pasta Lab – a magical place where flour, water and egg is transformed into delicious and artistic dining adornments! Creator Michael Gardner will share all the magic and secrets of pasta.

Aetna Better Health of Louisiana

Healthcare Trends & Insights

PLATINUM SPONSOR

“Fuel Up”

Learn how healthy food can affect your mood and mental health. Don't miss this fun session where Aetna's dietician will share insights on how comfort food lovers can eat healthy!

Additional offerings and revisions will be available online at <https://womenscommissionswla.com///workshop-guide/>