

24th Annual



Omaha
Women's
Health & Wellness
Conference

Rejoining Life: Finding My New Normal

Friday, Oct. 8, 2021
7:45 a.m. to 4:30 p.m.

Virtual Event

Brought to you by: Olson Center for Women's Health

UNIVERSITY OF
Nebraska
Omaha



University of Nebraska
Medical Center
Nebraska Medicine

Conference Schedule

7:45 a.m. Zoom Welcome

8:00 a.m. ***“Making Peace with Your Enemies: Understand Your Anxiety to Conquer Your Fears!”***



Lauren Edwards, MD
UNMC Department of Psychiatry
Emaan Lehardy, PhD
Nebraska Medicine Psychology Department

Everyone occasionally experiences anxiety, and in most situations, it is manageable. However, for some individuals it can become excessive and interfere with daily life. This session will discuss the function of anxiety and its symptoms, as well as how to manage anxiety when it becomes severe. Evidence-based coping techniques will be provided.



9:45 a.m. Break

10:00 a.m. ***“Food & Feelings: Maintaining Healthy Eating Patterns During COVID”***



Kimberly Vacek, PhD
Patient Centered Medical Home
Nebraska Medicine Bellevue Family Medicine Clinic

It’s undeniable that the stress of the pandemic led to uncertainty for all, which led to altered eating patterns for many. Whether it’s the “quarantine 15” associated with emotional eating, or restrictive eating patterns, both frequently increase when control is threatened. This session will discuss strategies for increasing your awareness and acceptance of your eating and emotional patterns while striving for healthy self-care, balanced nutrition and expanding your repertoire of healthy coping skills.

10:50 a.m. Break

11:00 a.m. ***“Living in a Women’s World: Understanding the Priority of Your Health”***



Emily Hill, MSN, APRN, FNP-BC
UNMC Department of Family Medicine, Eagle Run Clinic
Nicole Goliber, PA-C
UNMC Department of Family Medicine, Eagle Run Clinic

Women of all ages can take preventive measures to stay healthy and detect illness, based on their individual risk factors. This session will address the recommended screening guidelines for preventing cancer and heart disease, as well as outline dietary and exercise strategies to increase your wellness success.



11:50 p.m. Lunch Break

1:00 p.m. ***“Irritable Bowel Syndrome (IBS) in Women: Today’s Approach”***



Kathryn Hutchins, MD
UNMC Department of Internal Medicine,
Division of Gastroenterology and Hepatology

Irritable Bowel Syndrome (IBS) is a common condition that can cause many uncomfortable symptoms. Sometimes individuals may think they have IBS but have not yet been diagnosed. This session will define IBS and its subtypes, describe how it is diagnosed clinically, and explain the common treatment and management approaches.

1:50 p.m. Break

2:00 p.m. ***“Modern Menopause: Optimizing Mental and Physical Wellness”***



Jennifer Griffin, MD, MPH
UNMC Department of Ob/Gyn

Don’t be afraid! Though misinformation, myths, and fears surround menopause for many women, in fact most women can gracefully navigate this life transition feeling stronger and wiser. In this presentation, you will learn what to expect during the time preceding and after the menopause physically, mentally, and emotionally. We will also discuss medical and holistic strategies to address common menopausal concerns.

2:50 p.m. Break

3:00 p.m. ***“The Evolution of COVID-19 and Associated Racial Disparities: A National Emergency”***



Jasmine Riviere Marcelin, MD
UNMC Department of Internal Medicine, Division of Infectious Disease

The COVID-19 pandemic has affected us all. This session will discuss the evolution of COVID-19 and describe what actions are needed to end the pandemic. The racial and ethnic disparities that emerged during COVID will be highlighted with identifiable actions that can combat these inequities.

3:50 p.m. Break

4:00 p.m. *"Within Hindsight There is the Deep Wisdom of Insight"*



Havalynn Russell

Interior life designer who has grown through mental health and addiction recovery challenges

This is a thought-provoking presentation about mental health and wellness with messages of inspiration delivered through relatable, personal examples, connected to powerful quotes and empowering take-a-ways.

4:30 p.m. Adjourn



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by University of Nebraska Medical Center and Olson Center for Women's Health. University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Nebraska Medical Center designates this activity for **6.50** ANCC contact hours. Nurses should only claim credit for the actual time spent participating in this activity.

Registration Deadline: Friday, Oct. 1

We are committed to your safety. Due to the rise in COVID-19 cases, this year's conference on Oct. 8 will be an online only event.

Please note: A valid email address is required to attend this online conference.

General attendance for the conference is free. ANCC contact hours will be available for all sessions; cost is \$30.

You may register online with a credit card at OmahaWomensHealthAndWellness.com. Please note: There is a 2.75% fee for credit card transactions. Check and mail order payment methods also accepted, using the form below.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____ Evening phone: _____

RN/LPN License Number: _____ Email: _____

Specialty _____

Make checks or money order to: University of Nebraska Medical Center

Mail check and registration form to:

Omaha Women's Health and Wellness Conference

Olson Center for Women's Health

989450 Nebraska Medical Center

Omaha, NE 68198-9450

Questions?

Please call the Olson Center for Women's Health,
402.559.6345

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ADDRESS SERVICE REQUESTED

You're invited to a day of online health education!

Global Objectives

1. Articulate strategies to manage anxiety and how to intervene when it interrupts your quality of life.
2. Discuss how stress can impact changes in eating routines and disorders related to the global pandemic and how to utilize coping techniques to establish healthy behaviors.
3. Describe the importance of disease prevention and health promotion in women including cancer screenings, IBS management approaches, and optimizing mental/physical health during menopause.
4. Identify the racial/ethnic disparities that have emerged from the pandemic and what actions are necessary to combat these inequities.

Testimonials from our 2020 conference

This was well worth the time and money paid. So wonderful to have access to this great group of healthcare professionals – thank you everyone!

Great conference, as usual, it was great virtually!! Well done for the first virtual conference. It was easy to log in, to get to the sessions, the moderator was great!

Thank you for allowing community members like me to join this virtual conference! All the sessions I joined were appropriate for nonprofessionals and I learned a lot.