You're invited to a day of health education, screenings and assessments.

Platinum Financial Sponsors

Testimonials from the 2018 conference

“So many great things to take away. I’ve been trying to do more for overall wellness, this was uplifting and applicable.”

“Excellent info! Interesting and thought provoking.”

“Learned new stuff – will change my habits!”

“Great information – most helpful!”

“I love this conference, every year.”

“I’ve been coming for years! Always enjoy it and appreciate all you do to pull this together every year!”

“Excellent every time. Great info and education that I can apply to my life. Such a positive atmosphere.”

“Very informative, worthwhile educational opportunity.”

“Excellent! Great lectures, enjoyed the healthy food, fantastic speakers, well organized and very friendly volunteers.”

“I love this conference. As I get older I find myself wanting / needing to open my mind to new ideas and concepts.”
Everyone has heard about hoarding, but how do we know when it becomes a disorder? Hoarding disorder can be debilitating, and we will review the diagnostic criteria, background science, and approaches to treatment.

What are social determinants of health and why are they important? How do the conditions in which we are born, live, learn, work, and age affect our health, that of our family, and the overall well-being of our community? This session addresses opportunities to change the game by integrating health as a critical component to collective decision making.

Increased demand on workers to balance their career and home life can blur the line between what work and home life begins. It's time to learn how work/life balance truly means and discover tangible techniques to not only change behavior, but also create both a rewarding career and a fulfilling home life.

Do you have issues with sleep? You're not alone. Confused about which vaccines you need and when? This program will focus on vaccines recommended for Nebraskans from toddlers to grandparents. Emphasis will be placed on common, vaccine-preventable diseases and recommended dosing schedules.

How familiar are you with the changes and health of the largest organ of your body — the skin? Learn what to expect as skin ages, how to identify signs of concern, and how to keep your skin healthy at each stage of life. 

With today's digital technologies, it is often what we don't know that puts our personal and/or professional information at risk. This session focuses on simple but effective strategies for safely using computers, software, smartphones, the internet, and social media to ensure your organization and personal life are protected from data breaches and cyber attacks.

So you're pregnant, or you're thinking about becoming pregnant. This session will provide an overview of body image, social and cultural influences, and the psychological effects of a negative body image during our lives, as well as coping strategies to promote a healthy, positive relationship with our body image.

The health screenings listed below require preregistration. Place an “X” by the health screening that applies to you. First Breakout Session (choose 1, 2 or 3) 1 2 3 Second Breakout Session (choose 4, 5 or 6) 4 5 6

Attend the Omaha Women’s Health Conference to learn what “work/life” balance truly means and discover tangible techniques to not only change behavior, but also create both a rewarding career and a fulfilling home life.

Reducing Health Disparities, Work and Home
Theresa Nelson, MA
Wellness Council of the Midlands

5) Women’s Body Image Across the Lifespan: Effects on Mental Health and Coping Strategies
Eman Lehary, PhD
Nebraska Medicine

6) Safety in Numbers: Four Lessons in Cybersecurity for Your Personal and Professional Protection
Ryan Sohan, BSBA
Nebraska Department of Justice
Office of the Attorney General

UNMC College of Pharmacy
Confused about which vaccines you need and when you need them? This program will focus on vaccines recommended for Nebraskans from toddlers to grandparents. Emphasis will be placed on common, vaccine-preventable diseases and recommended dosing schedules.

UNMC Department of Dermatology
How familiar are you with the changes and health of the largest organ of your body — the skin? Learn what to expect as skin ages, how to identify signs of concern, and how to keep your skin healthy at each stage of life.

UNMC Department of Psychiatry
Everyone has heard about hoarding, but how do you know whether you or a loved one has it? This talk will help you understand the difference between the clutter we all struggle with at times, and hoarding disorder, which can be debilitating. We will review how the diagnosis is made, the background science, and approaches to treatment.