

*Omaha Women's* Health & Wellness Conference

Olson Center for Women's Health  
989450 Nebraska Medical Center  
Omaha, NE 68198-9450

ADDRESS SERVICE REQUESTED

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

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23<sup>rd</sup> Annual

*Omaha Women's* Health & Wellness Conference

*Pouring From an Empty Cup: Prioritizing Self-care While Caring for Others*



Friday, Oct. 9, 2020  
9 a.m. to 4:30 p.m.

Virtual Event

**Keynote Presenters:**

- Sheritta Strong, MD, DFAPA
- Meghan McLarney, MS, RDN, LMNT
- Ashley Farrrens, MSN, MBA, RN
- Charity Evans, MD

**Registration Deadline: Friday, Oct. 2**

We are committed to your safety. Due to the COVID-19 pandemic, this year's conference 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 select sessions; cost is \$30.

You may register online with a credit card at [OmahaWomensHealthAndWellness.com](http://OmahaWomensHealthAndWellness.com)  
*Please note: There is a 2.75% fee for credit card transactions.*

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_ RN/LPN License Number: \_\_\_\_\_

Email: \_\_\_\_\_

First Breakout Session (choose one) 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ Second Breakout Session (choose one) 4 \_\_\_ 5 \_\_\_ 6 \_\_\_

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Make check 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  
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Questions? Call the Olson Women's Health Resource Center at 402-559-6345.

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



# Conference Schedule

9:00 a.m. Sheritta Strong, MD, DFAPA  
UNMC Department of Psychiatry  
UNMC Office of Inclusion

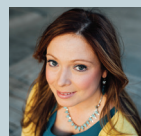


### *Losses Due to COVID-19: What Stages of Grief Are You In?*

The current state of affairs surrounding COVID-19 evokes a variety of emotions, including loss. In this keynote, we will examine dimensions of wellness and ways to cope with grief and loss.

10:00 a.m. Break

10:15 a.m. Meghan McLarney, MS, RDN, LMNT  
Nebraska Medicine Outpatient Nutrition

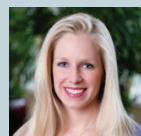


### *The Power of Plants: How Eating 'Plant-based' Can Fight Disease*

This talk discusses research on the popular plant-based form of eating. Learn more about what a plant-based diet actually is, tips to use plants in your diet, and how this may benefit your health condition.

11:15 a.m. Break

11:30 a.m. Ashley Farrens, MSN, MBA, RN  
Nebraska Medicine Trauma Program



Charity Evans, MD  
UNMC Department of Surgery

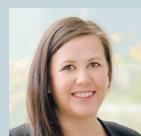
### *Understanding Trauma Informed Care, Resiliency, and Your Health*

This presentation will discuss current research, the behavioral and physiologic changes past traumatic experiences have on our bodies, brains and health outcomes, and how to promote empathetic and caring experiences in our lives.

12:30 p.m. Lunch Break

1:30 p.m. Breakout Session (choose 1, 2 or 3)

#### 1) *Cancer Risk and Prevention: What Women Need to Know*



Rachael Schmidt, DNP, FNP-C, AOCNP  
UNMC Department of Internal Medicine,  
Division of Oncology



Gwen Reiser, MS, LCGC  
Munroe-Meyer Institute  
Hereditary Cancer Clinic

One in three women will develop cancer in their lifetime. In this lecture, you will learn the common risk factors of cancer among women including the role genetics plays. Speakers will also discuss prevention and management options for at-risk women.

#### 2) *Midlife Mood Swings: Connecting Perimenopause and Mental Health*



Dana Raml, MD  
UNMC Department of Psychiatry

This discussion will review the menopause transition and how it can impact mental health, including risks, symptoms and potential treatment options.

#### 3) *Pouring From an Empty Cup: Can CAM Help You to Help Others?*

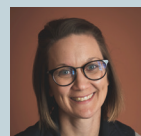


Ally Dering-Anderson, PharmD, RP, FAPhA  
UNMC College of Pharmacy  
Complementary Alternative Medical therapies (CAM) include many remedies. This program will explore several CAM therapies and discuss their safety. These will include: yoga, acupuncture, massage, and essence oils, among others.

2:30 p.m. Break

2:45 p.m. Breakout Session (choose 4, 5 or 6)

#### 4) *The Nourished Life – Finding Health at Every Size*



Emily Estes, MS, RDN, LMNT  
Sage Nutrition, LLC

"Health at Every Size" is an emerging philosophy encouraging the health care industry to promote safe, equal opportunities and a judgement-free environment for patients of all body types. This talk will define the principles of "Health at Every Size" and offer strategies for clinicians and patients to utilize in defining health for each individual.

#### 5) *This is Not What I Expected: When Depression Affects Pregnancy and Postpartum*



Marley Doyle, MD  
UNMC Department of Psychiatry

Depression affects 1 in 5 women in postpartum, with nearly half of women experiencing symptoms even during pregnancy. This presentation discusses the prevalence, symptoms and treatment of depression in pregnancy and the postpartum, as well as treatments.

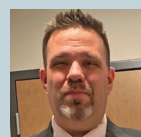
#### 6) *Technology for Women, by Women*



Christine Allmon, BS  
Visualization Program/Academy Operations  
UNMC iEXCEL

When used as a tool or resource, technology can provide invaluable feedback regarding women's health. This presentation will focus on the importance of using technology in a constructive and targeted way, giving women the resources to advocate for their health and understand the myriad of changes experienced throughout their lifetime.

#### 4:10 p.m. Closing Session: *The Alchemy of Turning Courage into Water*



Chad Boukal, husband, father, caregiver of wife during breast cancer

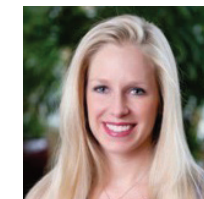
Hear Chad's experience of helping his wife through the most important time in her life.

4:30 p.m. Adjourn

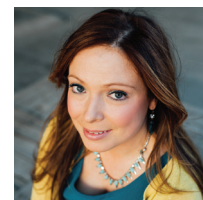
# Keynote Presenters



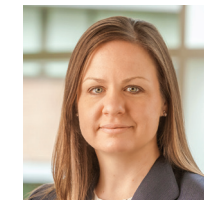
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## Platinum Financial Sponsors



## Testimonials from the 2019 conference

"The Omaha Women's Health & Wellness Conference is always a valuable, educational and fun day to spend with women and current issues."

"Always outstanding, enlightening, refreshing and fulfilling. I always look forward to this conference."

"Far exceeded my expectations and I gained a lot of information!"

"Speakers were excellent. I enjoyed the day and learned a lot!"

"This conference was awesome. It was a great experience. I will attend again next year and I am excited!"

"Wonderful as always! Great venue, excellent food and speakers."

"I have come to this conference for 10 years and it is always very informative and well done."

