Testimonials from the 2017 conference

“Loved it – just what I needed!”
“Excellent conference! So glad I was here.”
“Excellent! Engaging speakers!”
“I look forward to it every year.”
“Love this conference – every time I go.”
“I have been coming for years. Always a great conference with relevant topics.”
“This conference was excellent! Great topics that really meant a lot to me.”
“Absolutely loved it! This was my first conference and can only wonder why I hadn’t heard about it or been to one sooner, and can’t wait to come back!!!!”
“This is the conference that I look forward to, always well organized, interesting and fun! I wouldn’t be where I am today without this conference. Networking here, many years ago, got me the job I have today.”
“Great! So enjoy these conferences and learning.”
“I truly enjoy coming to this conference. It is always so educational – great speakers.”
“A great conference, definitely felt it was a day to focus on me.”
“Really enjoyed it. Just what I needed! A great way to take care of myself.”
“This was the jump-start I needed to focus on taking care of myself first.”
pack your humility and curiosity. How can you travel the world without being
Cultural Humility… What It Is and Isn’t
Sheila Ryan, PhD, RN
1 p.m. General Session: Although your family
need to help keep you and your family safe.

10:15 a.m. Refreshment Break, Health Fair and Screenings, Sponsor Exhibits

10:45 a.m. Breakout Session (choose 1, 2 or 3)

1) Medical Cannabis: High Expectations
Allison Dering-Anderson, PharmD, RP
UNMC College of Pharmacy
Medical cannabis or medical marijuana is
real. There are proven benefits to the chemicals
found in marijuana. This program will explore both
claims and verified medical uses for the various
components of marijuana, including the newly
approved drug from the FDA.

2) Can Financial Education Improve Health Outcomes?
Julie Kalikowski, MSW
Financial Hope Collaborative
What is the evidence existed to demonstrate that
financial education both reduced financial stress and
improved health outcomes? Find out more
about this correlation and what it could mean
when it comes to health and poverty alleviation.

3) Skin Health: What You Need to Know, Do and Avoid
Megan Arthur, MD
UNMC Department of Dermatology
Skin cancer is the most common cancer in the
United States. This session will explain your role
in skin cancer prevention and detection. Empower
yourself with the knowledge and awareness you
need to help keep you and your family safe.

1 p.m. Noon

1) Cultural Humility… What It Is and Isn’t
Sheila Ryan, PhD, RN
Learn how to identify disruptive thoughts and
behaviors and how to overcome them using
mindfulness-based stress reduction strategies.
This session is hands on and will teach participants
skills they can apply right away!

5) It’s More Than Hugging Trees: Sustainability is Integral
to Your Health
Melanie Stewart, MPA
UNMC/Nebraska Medicine Facilities
Management & Planning
When it comes to the environment, what can we
do and what are others doing that will directly
impact our health and well-being? Find out and
learn about changes being made to invest in
community health in Omaha and beyond.

4:30 p.m. Adjourm

4:40 p.m. Closing Session: Evaluations and Door Prizes
From Flattening to Silver Lining
Angie Jorgensen, RDH
Heart Attack, Stroke and Tumor Survivor
Hear the story of hope and medical innovation that
saved the life of this heart attack, stroke and tumor
survivor. Find out what she wants other women
to learn from her experience.

Registration Deadline: Oct. 5

Name: ________________________________
Address: ________________________________
City: __________________ State: _______ ZIP: ___________
Daytime phone: __________________ Evening phone: ___________ RN/LPN License Number: ___________
Email: ________________________________

I require a medically-necessary diet. Please explain: (ex: diabetic) ___________________________________________

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

Registration is $59. Olson Wellness Exchange (OWE) members may receive a $5 discount off the general registration fee.
Registration includes breakfast, lunch, lectures and exhibits. No refunds after Oct. 5. For more information about the conference or
to become an OWE member, please contact the Olson Center for Women’s Health at 402.559.6345. Nursing credit is an
additional $30.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a
provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This activity is
provided for 5.0 contact hours under ANCC criteria.
Course ID: 18OL015

Make check or money order to: University of Nebraska Medical Center
Registration Fee + $30 Nursing Credit + $7 TSH + $7 Lipid, Glucose, CBC + $17 Flu Vaccine + $20

You may register online with a credit card at OmahaWomensHealthandWellness.com

Note: The health screenings listed below require pre-registration. Place an “X” by the health screenings you would like completed.
You will receive a letter in the mail confirming your registration and indicating your appointment time.

Lipid, Glucose, CBC $17 _____ (includes lipid panel, glucose, complete blood count) TSH for thyroid $7 _____
Quadivalent Flu/Meningitis B Vaccine $20 _____ (The quadivalent flu vaccine is designed to protect against four different flu viruses; two
influenza A viruses and two influenza B viruses.)

Date of birth (please provide if having blood work performed) ___________________