

2019 Women's Health Awareness At-A-Glance



Time	Room 1111	Room 1221	Room 2221	Room 2225	Room 2235	
8:45 – 9:00 a.m.	Welcome Session	Welcome Session (Overflow)				
9:05 – 9:50 a.m.	Environmental Health Education "Do These Chemicals Make Me Look Fat?"	Cardiovascular Health Education "Women, Hormones, and Heart Health: Part I"	Diabetes Health Education "Sweet Hearts and Sweet Pee: Bringing Advances in Diabetes Care to All Communities"	Reproductive Health Education "Aunt Flo and Her Evil Stepdaughter: Identifying and Managing Your Painful Periods and Endometriosis"	Cancer Health Education "Keeping it Real! What You Want and Need to Know About Cancer, as Well as Reducing Your Risk!"	
9:50 – 10:00 a.m.	BREAK					
10:00 – 10:45 a.m.	Environmental Health Education "Invisible Dangers: Practical Ways to Reduce Everyday Exposures and Improve Health"	Cardiovascular Health Education "Women, Hormones, and Heart Health: Part II"	Breakout Session "How Sweet It Is...: Signs of Diabetes in Skin of Color"	Breakout Session "Sounding the Alarm: Pregnancy and Childbirth are Killing Black Mothers at Inequitable Rates"	Breakout Session "Drugs and More Drugs! Reaching a High at What Cost?"	Healthy Living Session "How I Dance in 3-Inch Heels With Chronic Pain" (BRITE Building Alcove; Rain Location: Large Tent)
10:45 – 11:00 a.m.	BREAK: Refreshments available in main lobby					
11:00 – 11:45 a.m.	Breakout Session "Bosom Buddies: Caring for Your Girls"	Diabetes Health Education "Reach Your Ideal A1c Level Using Current Evidence for Medication Use and Lifestyle Changes"	Behavioral Health Education "Living My Best Life, Part I: What in My Environment is Affecting My Emotions, My Mental Health, and What Can I Change to Live a Life of Wellness and Joy?"		Breakout Session "Feel Empowered: Know Your Rights as a Patient"	Healthy Living Session "Ready, Set, Fitness!" (BRITE Building Alcove; Rain Location: Large Tent)
11:45 – 12:15 p.m.	Lunch A (Gold Lunch Ticket) and Healthy Living Session: "Kickin'With Kale" Cooking Demonstration (Large Tent). Pre-registered participants only.					
12:25 – 12:55 p.m.	Lunch B (Red Lunch Ticket)					
1:00 – 2:00 p.m.	Keynote Session "You Are Worth It! Being Your Best You and Protecting All You Love From Environmental Harm!"	Keynote Session "You Are Worth It! Being Your Best You and Protecting All You Love From Environmental Harm!" (Overflow)				
2:00 – 2:10 p.m.	BREAK					
2:10 – 2:55 p.m.		Behavioral Health Education "Living My Best Life, Part II: How Can Women of Color Recognize and Resolve Anxiety to Live a Life of Health and Wellness?"	Cancer Health Education "Navigating the Health Care System: Screening, Health Care, Advance Care Planning, and Beyond"	Breakout Session "Eating Disorders – Not Just for White Women"	Breakout Session "Get Your SWAGGER Back: Energy, Confidence, and Passion – Naturally and Uniquely"	Healthy Living Session "Zumba®" (BRITE Building Alcove; Rain Location: Large Tent)
2:55 – 3:05 p.m.	BREAK: Refreshments available in main lobby, provided by Duke University Hospital					
3:05 – 3:50 p.m.	Breakout Session "What's on Your Mind? An Introduction to Mindfulness and Stress Relief"	Breakout Session "What to Do? What to Expect? Communication About Sex [uality]"	Breakout Session "Religion, Spirituality, Health, and Well-Being in Women"	Breakout Session "Well-Being: Are You as Healthy as You Can Be? A Holistic Natural Approach to Health and Wellness"	Breakout Session "Financial Issues and Medical Care"	Healthy Living Session Cooking Demonstration (Large Tent)
3:50 – 4:00 p.m.	BREAK					
4:00-4:45 p.m.		Breakout Session "Prevention Strategies for Hair Thinning and Loss in 2019"		Breakout Session "Sexual Assault: The Three R's of Community-Based Advocacy"	Breakout Session "REGGAE-TONE" (BRITE Building Alcove; Rain Location: Large Tent) Healthy Living Session "Container Gardening: Small Space...Big Yield" (First Floor Lobby)	
4:45-5:00 PM	RAFFLE PRIZE GIVEAWAY					