**The Sixth Annual Women's Health Expo featuring:**
Skin care, stress management, nutrition, cosmetic surgery, decorating tips, fitness, finance, belly dancing and much more! Presentations will also include research advances and latest treatments in ovarian and breast cancer and a survivors' connection.

**Presented by**
National Ovarian Cancer Coalition

**Saturday, March 20, 2010**
8:00 am – 3:00 pm
The Sheraton Hotel 173 Jennifer Road
Annapolis, Maryland

We are thankful to our sponsors:
National Breast & Ovarian Cancer Connection
A grant from the Maryland Attorney General Settlement Cancer Treatment Centers of America

To register online go to:
www.nocc.kintera.org/centralmd
For more information go to www.ovarian.org and click on MD Chapter. This event sells out quickly so send in your registration as soon as possible!

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**SESSION I (Choose one A-H) 9:30 - 10:30 am**

A. **Treating Cancer by Alternative Medicine**
DaeHee Yang, Licensed Acupuncturist of NMD, Chinese Medicine Doctor (CMDS), Gynecologist combining Eastern and Western Medicine. Physician & surgeon in China. Cancer patients can be helped with Acupuncture. Learn how to prevent cancer through your lifestyle and diet.

B. **The Survivors’ Connection**
Annamaria DeCarlo – Moderator and ovarian cancer survivor. Share experiences and find friendship, inspiration and hope through the strength of other survivors.

C. **The Skinny on Fat - Cancer Prevention Naturally**
Dr. Stephanie J. Chaney, D.C. - Living Health Chiropractic. In-depth look at different fats in our diet and why some cause harm, obesity and patterns. Think before you buy!

D. **Interior Design in Difficult Times - Cost Saving Design Solutions**
Gary Lennek, AID. Make your home more comfortable. Discover things you can do yourself with color, texture, and patterns. Think before you buy!

E. **Relaxation and Healing**
Practitioners of Massage, Reiki and Reflexology will be available to provide you with a session of 15 wonderful minutes of each technique.

F. **Identifying & Solving the Challenges of Baby Boomer Women**
Jennifer Campion Daly, CRPC® Chartered Retirement Planning Specialist. Join us to solve the challenges of current and future Baby Boomers. We will provide tips on financial, physical, emotional and social challenges.

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**SESSION II (Choose one I-P) 10:45 - 11:45 am**

I. **Dr. Zandz Cheng, Breast Surgeon at Anne Arundel Medical Center**
Discussion of breast cancer rates in the world and lifestyle factors that may influence it and the latest advances in Breast Cancer Treatment.

Hereditary Syndromes that include ovarian and breast cancers. Annette Martin, HSC, LGC. An explanation will be presented on a possible genetic basis of breast and ovarian cancer.

J. **Facial and Body Rejuvenation**
Kelly Sullivan, M.D., F.A.C.S. Medical Director of Plastic and Reconstructive Surgery of Annapolis and President of the Board of Wellness House of Annapolis. Discussion of both operative and non-operative techniques for rejuvenation of the aging face as well as other plastic surgery techniques.

K. **A Patient Advocate’s Perspective on the Importance of Ovarian Cancer Awareness and Related On-line Resources**
Paul M. Covacciato, U.D., CPA - Founder, Libby’s HOPE*P** (Helping Ovarian Cancer Survivors) Person(s) Through Education. Learn about the genesis of the Libby’s HOPE*P** website, highlight critical ovarian cancer awareness information and online resources. Included will be stories of hope of ovarian cancer survivors and how each individual can make a difference in the fight against ovarian cancer.

L. **Designing Green Interiors**
Julee Carroll - Award winning Interior Designer, who is a Green leader accredited professional (GAP). This session includes discussion & samples of Eco-Friendly (green) home interior products. Learn what being “green” in your home means. See amazing before & after room makeovers featuring eco-friendly products.

M. **Creating Better Images with the Camera You Own**
Tony Lyons, A. - Staff Photographer for “What’s Up Annapolis” Magazine. What you need to know about digital photography.

N. **Some Expert Fashion Tips**
Susan Searls - Personal Stylist Department Manager at Nordstrom’s, Westfield Mall in Annapolis. Learn how to change a basic pieces of clothing into an entirely new wardrobe!

O. **Yoga: A Balanced Life**
System - Founder/Director of Renaissance Yoga, E-RYT 500, RYS Ed Discover the inner essence of yoga & experience how yoga can improve balance & bring balance. Engage in a session that concludes with a meditation and an inspiring story.

P. **Relaxation and Healing**
Practitioners of Massage, Reiki and Reflexology will be available to provide you with a session of 15 wonderful minutes of each technique.

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**SESSION III (Choose one Q-W) 12:00 - 1:00 pm**

Q. **New Advances in Ovarian Cancer**
William Mc Guire, M.D., Medical Director of George Mason University Cancer Institute at Franklin Square Hospital. Discussion of symptom complexes that may herald ovarian cancer. Learn new treatments including Target Therapies and new data about CA 125.


R. **Planning for your Retirement Lifestyle: The New Retirement**
Kris Tiggis Long, COP - A Wealth Management Advisor with the Global Wealth Management Group of Merrill Lynch. Will answer questions such as How long will my money last? What type of retirement do you envision. Learn financial implications of the New Retirement.

S. **Super Health Begins with Super-food Nutrition**
Cheryl Olszyn, CNC, AACC, NAT - Naturopath, Living Foods Chef with a Wellness Center/Cooking Teaching Kitchen in Annapolis. Weight Optimization, Peak Performance & The Power of Healthy Food.

T. **Around the World to your Backyard**
Raymond E. Greenstreet - Owner of Greenstreet Growers, Inc. Home of Greenstreet Gardens. Rain has over 25 years of seasonal crop production experience. Millions of seeds and cuttings from around the world are shipped to Greenstreet Growers annually. Find out how to plan and start your perennial garden.

U. **Balancing Your Life Wheel**
Lisa M. Pope - Life coach and Reiki Practitioner. Create an awareness of which areas of your life need more attention. Identify techniques that will assist you in creating balance in your life.

V. **Get Fit and Healthy with the Simple Rules of the Big 3**
Alan Harris - Founder Creator of Absolute Body Power Media. Learn “Simple, Easy to follow Rules” on how to become fit and healthy for life. Alan’s session is guaranteed to take the boredom out of your exercise routine and will give you 100%Motivation, Inspiration and Information on fitness!

W. **Relaxation and Healing**
Practitioners of Massage, Reiki and Reflexology will be available to provide you with a session of 15 wonderful minutes of each technique. Come and feel refreshed and rejuvenated!

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**REJUVENATE FORMATION REGISTRATION**

Name: ________________________________
Address: ________________________________
Phone: ________________________________
Email: ________________________________

Are you a survivor? yes ______ no ______
Are you a breast _______, ovarian ______

Write the letter of the classes you wish to attend: _______ _______

SESSION I 9:30 – 10:30 (A-H) _______
SESSION II 10:45 – 11:45 (I-P) _______
SESSION III 12:00 – 1:00 (Q-W) _______

$ _______ Registration fee $40.00 (After March 1st fee is $50.00)
$ _______ Donation In Honor of:
$ _______ Donation In Memory of:

$ _______ Total Payment

Please mail check payable to N OCC.

Please mail your registration and mail to:
N OCC PO Box 655 Crownsville, Maryland 21032-0655 or online at: www.ovarian.org and click on MD Chapter.

To Register online go to:
www.nocc.kintera.org/centralmd

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**FEATURE KEYNOTE SPEAKER**

**YARROW**

A Motivational Speaker, Author and Personal Coach also known as The Energy Whisperer® Awarded 2007 Entrepreneur of the Year by Entrepreneur’s Exchange, Annapolis, Maryland networking group. She has joined with other authors and is published in Conscious Entrepreneurs and The Spirit of Women Entrepreneurs. With over 30 years of studying energy, Yarrow is an expert at understanding the energetic interactions between people, situations and spaces. At the core of her philosophy is knowledge learned throughout childhood, study of psychosynthesis, and a 3 year spiritual psychology program. She also has a Feng Shui Certification. Yarrow enjoys empowering people who want more out of life. Through her website, ConsciousToolBox.com, she provides facilitation of retreats, conference keynotes and break-out sessions, personal development, online courses, E-Books and individual personal energy coaching.

She teaches lifelong learning classes at several community colleges and leads a team of women entrepreneurs striving to achieve their business and personal goals in direct sales. In her world, everything is energy and that is how she approaches life's developments between each sunrise and sunset! “Listen for Whispers that Steal Your Energy” Often unknowingly, people and situations rob you of your energy in insidious ways. Yarrow, the Energy Whisperer, will enlighten you on what and who are the culprits in your life. She will engage you in interactive exercises that will help you discover exciting ways to bring balance and more energy to your life.?