SCREENINGS (8:00 – 10:00 a.m.)

Blood Pressure ............................... Pearl River Community College (PRCC) Nursing Education Department

Bone Density Scan ........................ Hattiesburg Clinic

Cholesterol Screening .................... Highland Community Hospital and PRCC Medical Laboratory Technology Program

Hearing ....................................... Pearl River School District: Speech-Language Pathology

Memory Screening ......................... Mississippi Department of Mental Health, Division of Alzheimer’s Disease and Other Dementias

Oxygen Saturation ........................ Camellia Home Health and Hospice

Paraffin Wax (for Arthritis), Manicures .......................................................... PRCC Cosmetology Department

Posture Analysis ............................ Poplarville Family Chiropractic Clinic

Pulmonary Function Assessment ........ Forrest General Hospital

Stress Dots .................................. Wesley Medical Center

Stress Management ....................... Healing Touch School and Day Spa
(Chair Massage)

INFORMATION BOOTHS

American Red Cross
Forrest General Hospital Spirit of Women
Freedom Healthcare
Hattiesburg Clinic
Highland Community Hospital
Home Instead Senior Care
Mississippi Tobacco Free Coalition of Hancock and Pearl River Counties/American Lung Association
Nutrition Source
Poplarville Family Medical Clinic – Stone County Hospital
Southeast Mississippi Rural Health Initiative, Inc.
The Poplarville Clinic – A Division of Hattiesburg Clinic
Wesley Medical Center

WOMEN’S HEALTH SYMPOSIUM STEERING COMMITTEE

Becky Askew     Barbara Gandy     Tonia Moody     Maggie Smith
Janet Braswell   Valerie Horne     Charleen Null    Martha Lou Smith
Peggy Dease     Sharman Ladner     Tara Rouse      Brenda Wells
Lindsay Loustalot Caycee Simon

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AGENDA

8:00 a.m. Registration Crosby Hall
Health Screenings (until 10:00 a.m.)
Information Booths
Art Walk (Music Provided by Mr. Trevor Hunt)
Continental Breakfast

9:50 a.m. Concurrent Sessions I Seal Hall
“Caregiving and Taking Care of the Caregiver” (Room 101)
Ms. Kathy Van Cleave, LMSW, LCMHT
Director, Division of Alzheimer’s Mississippi Department of Mental Health

“Exercise, No Gym Needed! Anywhere, Anytime, Any Age & Any Level” (Room 111)
Ms. Julie Pierce, PRCC Instructor of Aerobics

“Financial Planning Basics for Your Financial Well-being” (Room 114)
Ms. Michelle Mabry
Wealth Management Consultants

“Just the Facts, Girls!” (Health Tips for Any Age) (Room 113)
Dr. Virginia Crawford, Director of USM Health Care Services

“Normal is Gone and It Won’t Be Back!” (Room 109)
Ms. Janie Walters, Motivational Speaker
Champion Communications

“Prevention of Heart Disease” (Room 100)
Dr. Benjamin Rester, Hattiesburg Clinic

“Protecting Yourself – Legally Speaking” (Room 102)
Judge Deborah Gambrell, Tenth District Chancery Court
Ms. Manya Creel Bryan, Assistant District Attorney

“What Should Happen at My Yearly Exam” (The Importance of Gynecological Exams) (Room 103)
Dr. Melissa Holland, Hattiesburg Clinic

10:40 a.m. Concurrent Sessions II (See Concurrent Sessions I)

11:15 a.m. Luncheon Olivia Bender Cafeteria
Special Music Provided by The Voices
PRCC’s Vocal Jazz Ensemble

11:50 a.m. General Session
Dr. Becky Askew, Chair
Women’s Health Symposium Steering Committee

Dr. William Lewis, President
Pearl River Community College

Ms. Sally Baskey, Keynote Speaker
“Laughter, My Drug of Choice”

12:50 p.m. Door Prizes (Must be Present to Win)

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Door Prizes

Pearl River Community College extends a special thank you to the businesses and individuals who provided door prizes for this event.