

# Women's Fall Conference Workshops 2021

## SESSION I

9:00 – 9:40am

**CHRISTUS Health/Ochsner Health System**

**PLATINUM SPONSOR**

### **“Why Robotic Surgery?”**

Find out why Robotic Surgery is better and test drive the robot during this CHRISTUS Ochsner Health Southwestern Louisiana panel featuring: *Uzma Naeem, M.D., OB/GYN, Matias Nauts, D.O., General Surgeon, Edward Rutland, M.D., Urologist, Justin Rudd, M.D., General Surgeon, Niaz Selim, M.D., General & Bariatric Surgeon.*

### **“From A to Z and Head to Toe, We’ve Got You Covered!”**

*Rhonda Kleckley and Lindsay Fusilier, Accessory Zone*

Allow Rhonda and Lindsay to inspire you with their wealth of knowledge to develop your personal style with simple approaches. Since 1986, they have been a landmark “go to” for classic and cutting-edge style! Stop by and explore adult and children’s wear, tableware, and all things in between at Accessory Zone’s new home in Palm Plaza.

### **“Wake Up & Make Up”**

*Professional Make-up and Skin Care Specialist and Hair Stylist, Bauhaus Salon + Haus Spa*

Maybe it’s time to spruce up your look! Get the tools and techniques you need to elevate your beauty routine. Whether it’s for a night out or a transition into the new season, our hair and skin specialists at Bauhaus Salon are here to help you look and feel your best.

### **"Trade Your Pain for Pearls"**

*Pastor Hope Snider, Christian World*

We have all felt pain in our life - from physical to emotional to mental. Let's learn how to change every disappointment into a Divine appointment. Let's turn every hurt into hope. Let's trade our pain for a pearl!

### **“Women’s Self Defense”**

*Joshua Donovan, Senior Sergeant, Calcasieu Parish Sheriff’s Office*

Do not pass up this opportunity to learn the proper techniques of self-defense and the importance of situation awareness. Trained in firearms, hand-to-hand combat, SWAT and more, Marine Corps Veteran Senior Sergeant Donovan will provide you with critical skills and information. Your life may one day depend on the knowledge shared by this renowned and proven expert in his field. (Repeated in Session 4)

## SESSION II

10:10 – 11:00am

**Lake Charles Memorial Health System**

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### **“Ages and Stages of Women’s Health Panel”**

*Gisele McKinney, MD; Danette Null, MD; Samantha LaRocque, LPSW*

With a wide variety of experience, personally and professionally, these providers will speak about the stages of women’s health throughout a lifetime. The second half of the session will include a Q&A session for participants to ask any burning questions and get expert advice about any women’s health issues.

**Cox, Cox, Filo, Camel & Wilson**

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**“Hurricane Claim Questions? Ask Expert Somer Brown”**

*Somer Brown, Attorney/Partner, Cox, Cox, Filo, Camel & Wilson*

Hear from the expert on best methodology for handling insurance claims in the aftermath of a disaster, especially a devastating hurricane. Know that you are not alone!

**“Creating Beautiful Places in Outdoor Spaces”**

*Eric Durr, Owner, My Builder*

Evening time, weekend time, any time is the best time to enjoy the outdoors. Create a comfortable and cozy oasis... a home just outside your home with as much or as little as you desire in stone and brick work, appliances and so much more! Make MY Builder YOUR Builder!

**"Broadway Tunes & Biblical Texts: The Song & Spirit of Bouncing Back for Battered Southwest Louisiana Souls"**

*Reverend Whitney Miller, Ph.D., L.P.C., Director of Diocesan Counseling Services*

In the history of our shared humankind, folks of every age have experienced tough times and responded in remarkable ways, many recorded in the stories of stage and theater, as well as on the pages of sacred scripture. We all need a little inspiration right about now to continue moving forward with hope, faith, and compassion. Join Father Whitney as he leads us onward and upward with a song in our hearts and a blessing for our souls!

**“Organize and Simplify”**

*Lynsi Conner Bellene, Organizing with Lynsi*

Organization + Simplification is the formula to saving time and decreasing stress. Transform your space and transform your life! From consulting to organizing and from staging to decorating, Lynsi is happy to assist!

**11:15 - Luncheon with Keynote Speaker Marilu Henner in the Coliseum**

**SESSION III**

**1:30-2:20pm**

**First Federal Bank of Louisiana**

**PLATINUM SPONSOR**

**“Roadmap to Ownership”**

*Debra Lewis AVP/Lender and Shana Maxfield AVP/ Lender*

Curious about the home buying process? Let us be your tour guides on your journey to homeownership. Learn the ins and outs of budgeting for a down payment, strengthening your credit score, and understanding the mortgage process. If you're looking to renovate or repair, your home's equity can be harnessed to pay for that new kitchen, backyard oasis, or new house paint color. We'll help you find your way to your dream home!

**“Moving Through Life: Why Movement Health Matters”**

*Suzy Gillard Trahan, Director, Dynamic Dimensions Fitness Centers of West Calcasieu*

**Cameron Hospital**

**DIAMOND SPONSOR**

Movement health is essential for injury prevention and overall wellness. Learn the importance of movement training to prepare the body for what life throws your way. Learn how to “train for life” from one of Southwest Louisiana's experts in the field of wellness.

### **“NOT Your Usual Convenience Store”**

*Kendal Henry, Owner, The Mercantile at Henry's Travel Plaza*

Just south of Exit 48 on I-10, just inside the doors of a convenience store, is a discerning shopper's dream boutique that includes a wide array of lovely unique pewter, jewelry, Conseula bags, custom furniture and furnishings, Orleans Fragrances, hand-painted hair bows and so much more! How do you put all of that together to arrive at that “Together Look”? Learn the tips and techniques of home décor and so much more in this intriguing session!

### **“How Olive Oil Does A Heart Good...”**

*Catherine Parrino, Crave*

Let's get healthy this year! Did you know olive oil is a key ingredient for heart health? EVOO reduces risk of heart disease, has strong anti-inflammatory properties, and can improve your overall heart health. With over 30 olive oils on tap we can make heart-healthy living fun. Come learn & taste!

### **“CORONAsomnia and HURRICANE Nightmares-They are Real! The Sleep Pandemics Affecting Your Life”**

*Phillip Conner, M.D., Sleep Disorder Center of Louisiana*

Discussion about the very real link between anxiety, stress and depression to a lower quality of sleep...along with useful tips and recommendations for improvement.

## **SESSION IV**

**2:40-3:30pm**

### **“Weigh Beyond: Your Path to Wellness”**

*On behalf of Thrive Magazine*

#### **PLATINUM SPONSOR**

*Vanessa Hardy, MS, LDN, RD, Wellness Coordinator, West Calcasieu Cameron Hospital*

It's time to focus on you! Learn more about improving your wellness through nutrition, physical activity, stress management and health tips. 12 weeks is all you need. Start on your path to better health today.

### **“Welcome to the World of Vinyl”**

*Melissa Hill, Owner, Niche Creative Studio*

Now is the time to learn about the latest trend in DIY – craft vinyl! Available in so many colors and designs, vinyl allows for easy personalization and creation. Workshop will cover types of vinyl, cutting machines, applications, and easy tips and tricks. Attendees will leave with a take home project of your very own! (Limited to first 100 attendees.)

### **“The World's Most Magical Celebration”**

*Amy Veuleman, Holiday Travel*

Starting October 1, 2021, the Walt Disney World Resort begins its 50th anniversary celebration. This celebration continues for 18 months and incorporates new nighttime spectaculars, new ride attractions, festivals, limited displays, and special dining offerings. Join Amy Veuleman, a travel agent with Holiday Travel in Lake Charles, as she takes you on a magical journey across all four theme parks for this once in a lifetime celebration. Amy and her family are attending this magical party in early October and will share their tips and experiences for a seamless celebration at the Happiest Place on Earth.

### **“Seasons of Your Life...Past, Present and Future”**

*Angela Jouett, ASJ Consulting*

Learn how life decisions can shape our future. Spend a little time learning how to enjoy the journey of life and embracing the changes.

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