

Spirit of Women Getaway
January 16, 2010
Schedule of Events

8:30 a.m.

Doors Open

Exhibits * Shopping

Health Screenings for blood pressure, body mass index, osteoporosis, and heart disease and stroke risk

9:15 a.m.

(Choose One)

***Better with Age: Preparing for Your
(or your Parents') Financial Future***

Connie W. Young, CPA & CTFA
Vice President & Trust Officer
BancorpSouth

Cruising the Mediterranean Diet

Tawana Dearing, MS, RD, LD
NMMC Food & Nutrition Services

Food for Thought: Building Your Brain Power

Brian Thomas, Psy.D., ABPP(CN)
Clinical Neuropsychologist, NMMC Behavioral Health Center

Doggie Treats: How Pets Can Improve Lives

Lou Ann White, RN, NMMC Cardiac Rehab
& Comfort Creatures Volunteer

10 a.m.

Exhibits * Shopping * Health Screenings

10:45 a.m.

(Choose One)

A Menu of Weight Loss Surgery Options

Terry Pinson, M.D., General & Bariatric Surgery
Medical Director, NMMC Bariatric Center

A Taste of Online Banking

Mandy Wright
Vice President & Manager of Electronic Banking
BancorpSouth

Savory Tips for an Herb Garden

Joan Ball
Master Gardener
Mississippi State University

Coping with Your Full Plate

Speaker to be announced

NMMC Behavioral Health Center

11:30 a.m.

Lunch (On your own – food vendors onsite)
Exhibits * Shopping

Entertainment by John Milstead

12:30 p.m.

Feature Presentation:
Conscious Cuisine® Cooking Demonstration
Chef Cary Neff

1:45 p.m.

Exhibits * Shopping

2:30 p.m.

(Choose One)

Women's Joints: New & Improved

Stephen Southworth, M.D.

North Mississippi Sports Medicine & Orthopedic Clinic

Brain Food: Preventing & Treating Alzheimer's Disease

Lee Greer, M.D.

Gerontologist, IMA-Tupelo

Spice it Up with Belly Dancing

Tracy Stebbins, Lauren Taylor & Ketrina Cannon

Fatili Dance Company

Presentation is Everything: Painting for Fun 101

Nancy Scruggs, Freelance Artist

Wall Worthy (to praise Him)

3:15 p.m.

Exhibits * Shopping

4:30 p.m.

NMMC Wellness Center Therapeutic Day Spa Giveaway

Exhibits * Shopping