

# Women's Heart Foundation

## WOMEN'S WELL DAYS<sup>®</sup> TRAINING FOR NURSES



The Women's Heart Foundation is offering a **FREE TRAINING SEMINAR** for administering a 7-week women's wellness program focusing on heart health for Curves members and their guests\*.

**Date: September 17, 2004**

**Time: 9:00 am – 3:30 pm**

**Place: Princeton University Medical Center, 253 Witherspoon St, Princeton, NJ.**

**Enter Front Lobby and follow signs to Conference Room B**

**Directions at [www.umcp.org](http://www.umcp.org)**

### **Agenda**

9:00 am *Introduction to Women's Well Days*

- Bonnie Arkus, WHF Founder & Executive Director
- Paula & Jack Bieger, owners, CURVES of Lawrenceville

9:15 am *Women and Heart Disease – Why a New Wellness Model for Women*

- Keynote **Banu Mahalingam, MD, FACC**, Cardiology Assoc Princeton

10:00 am Q&A

10:15 am *Women's Well Days<sup>®</sup> pilot at the YWCA Trenton* - Robin Mansfield, RN

**10:30 – 12:00 noon (Morning Session)**

*Risk & Symptoms Awareness; Cards4Life & Health Self-Management* - Bonnie Arkus, RN

*Adult Fitness; Women's Self-Image and Impact of the Media* - Danielle Cairns, RN

12:00 pm *Lunch – provided by WHF*

**12:30 – 3:00 pm (Afternoon Session)**

*Holistic Health; Medication Safety* - Mary Ann Cavallaro, RN

*Eating for a Healthy Heart; Healthy Lifestyle at Home and School* – Terry Unger, RD, CDE at UMCP

*Caregiver Stress- Mindful Parenting* - Nancy Scott, RN, LPC, The Counseling Center at Scotch Road

3:30 pm Q & A.

Closing

### **Take Care of Your Heart**

\* other Women's Well Days scheduled to open soon. Updates at [www.womensheart.org](http://www.womensheart.org)

**Curves**

**RSVP with resume: Women's Heart Foundation  
34 Scotch Rd, PO Box 7827, W. Trenton, NJ 08628**

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**WOMEN'S HEART  
FOUNDATION**