

Women's Health & Wellness Symposium Presenter Sessions & Bios, Short Version

**JCC Rockland
1st Annual Women's Health Symposium**

**Sunday, March 29, 2009
At JCC Rockland**

**Featuring Keynote Speaker
Joan Lunden**

**In cooperation with Nyack Hospital and the American Cancer
Society**

**Sponsored by Advanced Radiation Oncology and Genomic Health
(*list in formation*)**

The 1st Annual Women's Health Symposium at JCC Rockland offers women of all ages an opportunity to nurture their mind, body and spirit in a warm and welcoming atmosphere. Participants will choose from a variety of sessions tailored to their specific needs and interests: learn about the most cutting edge medical and health practices with leading experts in the field; discover new ways to relax and unwind through yoga, massage, and other wellness exercises; and find ways to put balance back in your life with an in-depth exploration of a variety of exciting and informational topics.

Schedule

7:30-8:20am	Pre-symposium Hatha Yoga
8:00-8:50am	Registration & Continental Breakfast
9:00-9:50am	Session 1
10:00-10:50am	Session 2
11:00-11:50am	Session 3
12:00-12:45pm	Lunch
1:00-2:00pm	Keynote Address featuring Joan Lunden

Session options

7:30-8:20am

Hatha Yoga

Stephanie Sirico

Join us for a pre-symposium yoga workshop to help get you centered and focused for a day of learning and growth. Focus on posture and breathe control to energize your body and soul. This is a great form of yoga for the beginner yogi.

A managing partner of Yoga Mountain Wellness Center in New City, NY, Stephanie Sirico has been involved with yoga for twelve years and teaching since 2001. She has successfully completed her Experienced Registered Yoga Teacher 500 certification, and has maintained an active membership with the Yoga Teachers Alliance and the International Association of Yoga Therapists. Her classes welcome individuals with challenges of all types and are rigorous as well as deep and grounded.

9:00-9:50am Session 1

Anti-Aging Cosmeceuticals and Pharmaceuticals - A Practical Approach to Topical Skin Care

Dr. Heidi Waldorf

There are more options in topical skin care than any woman has time in a day. This lecture will review the categories of anti-aging cosmeceutical and pharmaceutical creams, lotions, gels and serums currently available. Participants should leave with an understanding of how to maximize the effects of their topical regimen while minimizing time spent applying it.

Dr Heidi Waldorf is a Board certified Dermatologist and Director of Laser and Cosmetic Dermatology and Associate Clinical Professor at Mount Sinai School of Medicine in New York. She is also Surgical Director of Waldorf Dermatology and Laser Associates, PC, Nanuet, NY.

Art Workshop: Watercolor Flowers using the Wet-in-Wet Technique (also offered in Session 2)

Lynda Barth-Wollman

Watercolor painting is an excellent way to express your inner creativity in a relaxing environment. The art form using pigments that are water-soluble mostly on paper. One of the most characteristic watercolor techniques is wet-in-wet, in which large portions of the paper are wet, using an application of a wash of color or with plain uncolored water. The brush is loaded with pigment from the palette and either dropped or stroked onto the paper, allowing the color to flow wherever may wish to, blooming into interesting and most excitingly unexpected patterns, merging and flowing with previous applications of other colors and forming new shades. Explore the wet-in-wet technique while creating beautiful flowers.

Lynda Barth-Wollman is a creative artist that passes her knowledge through teaching and taking on apprentices in her studio. She has built a business on educating children and adults to think, feel, and create. Lynda has a degree in Art from the Philadelphia College of Art, and her paintings have been sold and featured in many in private collections.

Challah Workshop with the Challah Fairy

Chanalee Fisher

Making challah is more than just baking bread: it is a Jewish way to nourish your soul and spirit. Learn to make a delicious challah with Rockland County expert Chanalee Fischer, also known as the Challah Fairy.

Chanalee Fischer, also known as "The Challah Fairy", began baking challahs in her garage 17 years ago. Today she bakes 300 a week and sells them for delivery or through her shop on 17 Third Street in New City, where she's been every Thursday and Friday since October 2007. A native of Borough Park, she has lived in Rockland County for the past 22 years. She currently lives in Wesley Hills and is mother to Aliza, 22, Benji, 21, Meir, 17 and Rebecca, 12.

Hairstyling Secrets from the Pros

Amanda Michaels Salon

Learn about hair care from a team of beauty experts from the Amanda Michaels Salon (formerly the Rojo Salon). Find out about what haircut is the best for the shape of your face, the benefits of clarifying your hair, how to maintain color treated hair, and proper nutrition for hair health. We'll also find out which hair products offer the biggest beauty bang for your buck.

Edited on 3/2/2009

The Amanda Michaels Salon Team: Wayne Kawash has over 23 years of experience. Trained by Redken, he has owned and operated three salons. Lilah Cummings is a Redken trained color expert, with over eight years of hairdressing experience. Margie Viola has worked for over forty-five yrs working as a hairdresser. Trained under top colorist Wella, she is currently an owner of Rojo Salon. Ellie Nevares, a former salon owner, has worked as a hairdresser for over thirty years. Ziggy Mulugeta has over nine years of experience, and is trained in the latest hairstyling techniques. Frances Vargas is a master educator in cosmetology for Milady. A graduate of Capri, she has over 14 yrs of experience in the field. Debbie Lafemena has been a hairdresser for over thirty years.

Heart Attack: One Woman's Story

Patrice Foresman

Patrice Foresman was a "healthy" 40 something career woman and a professional who appeared on TV, who never thought that she would become the victim of a heart attack. Come hear her story, and the insight that she has to share with you after this life altering experience.

Patrice Foresman is the Corporate & Community Spokesperson for The Valley Hospital Center for Women's Heart Health

Jewelry Making: Art for Health & Wellness Workshop (also offered in [Session 2 & 3](#))

Susan Shaw

Create beautiful hand made jewelry, including pins, earring or necklaces, from polymer clay. Perfect for the novice or expert artist, polymer art provides an opportunity for you to explore your inner creative self. Pieces will be available to take home at the end of the symposium.

Susan Shaw has over twelve years experience as an art specialist, and has a degree in Special Needs and Art Education. She is a former teacher at Haverstraw Middle School.

Kavannah (Intention): Connecting Through Prayer

Rabbi Paula Mack Drill

Tefillah (prayer) is meant to be a conversation between Jews and God. It is meant to be a time for reflection, self-improvement, and grounding. Through experiential and discussion based learning, we will tap into the mystical connections available to us through movement, meditation, and visualization within the context of Jewish prayer.

Rabbi Paula Mack Drill is the Associate Rabbi of the Orangetown Jewish Center in Orangeburg, New York, and a Rabbi at the Solomon Schechter Day School of Essex and Union in West Orange, New Jersey.

Menopause & the Controversy Over Hormone Replacement Therapy (also offered in [Session 2 & 3](#))

Dr. Deborah Raice

Are you experiencing hot flashes? Do you feel like your memory isn't what it used to be? Explore the symptoms of menopause, and discuss potential options and health risks associated with hormone replacement therapy.

Dr. Deborah Raice is an Endocrinologist with the Department of Endocrinology and Metabolism at Nyack Hospital in Nyack, NY and with Good Samaritan Hospital in Suffern, NY

Edited on 3/2/2009

New Developments in Breast Imaging

Dr. Shari Siegel-Goldman & Dr. Evan Kaminer

Doctors Shari Siegel-Goldman and Evan Kaminer will discuss the high incidence of breast cancer in Rockland County and New York State, and explore the benefits of early detection and its effect on survival, breast screening options including mammography, ultrasound and breast MRI, and the importance of screening for a high risk patient.

Dr. Shari Siegel-Goldman is a Board certified radiologist with Hudson Valley Radiology Associates in New City, NY and is an attending radiologist at Nyack Hospital.

Dr. Evan Kaminer is a Board certified radiologist with Hudson Valley Radiology Associates in New City, NY.

On the Ball

Maddie Ingber, AFPA-CPT, NETA Group Fitness Instructor, Functional Exercise Progressions and Active Older Adults, FORZA, Rowbics, Silver Sneakers

Get ready to get your groove on! Participate in this fun fitness class that uses stability balls and choreographed aerobic and strength exercises to engage your muscles and energize your body.

Maddie Ingber has been a group exercise instructor at JCC Rockland for thirteen years and a personal trainer for six years. "Baby Boomers" are her specialty! Madie is our "go to" trainer for those who have had hip replacement surgery.

Optimal Dental Health and Aesthetics for Life

Dr. Barbara Ollech

Learn about the mouth-body connection, and the role that systemic illnesses can play in your overall dental health. Discover up-to-date techniques and technologies in cosmetic smile design and treatment (veneers, whitening etc.), and learn about new dental implants that can eliminate the need for dentures.

Dr. Barbara Ollech has a general dental practice with a focus on comprehensive care customized to each patient's individual needs. She also focuses on Occlusion and TMJ Dysfunction.

Raiding your Refrigerator and Purging your Pantry

Paulette Viana

Chef and food expert Paulette Viana will give you a pantry "hit list" and help you raid your refrigerator and restock it with healthy, appetizing, and good-for-you foods. Learn how to decipher all of those confusing lists of ingredients on food labels, and discover how to trim the fat and unhealthy ingredients from your kitchen and enjoy delicious food without feeling deprived.

Paulette Viana is a former chef and the Senior Sales and Marketing Agent at Riviera Produce, whose clients are high-end restaurants, hotels and country clubs.

The Sandwich Generation

Dr. Mona Spiegel

How will you survive the “sandwich” years? The tightrope that we walk has become thinner and higher as we try to honor our parents, take care of our families, and sustain ourselves. In this workshop we will discuss the difficulties inherent in this stage of our lives, such as role reversal, maintaining continuity in the face of unpredictable crises, and strategies for managing stress.

Dr. Mona Spiegel is a psychologist with a doctorate in psychology from Columbia University. She is the founder of MyFamilyCoach™, which provides individual and group coaching on the telephone for women who want guidance but do not need therapy.

Women & Heart Disease: Signs, Symptoms & Treatments

Dr. Ainat Beniaminovitz, M.D.,F.A.C.C.

Did you know that you are more likely to die of heart disease than breast cancer? Despite a common misperception, the facts are that women are at the same risk for coronary heart disease as are men. However, the disease process is somewhat different due to inherent biological differences. The traditional risk factors weigh differently in the two genders and presentation, diagnosis, and therapy tends to be different among the two sexes. Come learn why what's good for the goose is not always good for the gander.

Dr. Ainat Beniaminovitz is a board certified cardiologist and a fellow of the American College of Cardiology. She is on staff at Columbia Presbyterian where she is an assistant professor of clinical medicine as well as at Good Samaritan hospital in Suffern where she served as Chief of Cardiology.

10:00-10:50am Session 2

Art Workshop: Watercolor Flowers using the Wet-in-Wet Technique (also offered in Session 1)

Lynda Barth-Wollman

Watercolor painting is an excellent way to express your inner creativity in a relaxing environment. The art form using pigments that are water-soluble mostly on paper. One of the most characteristic watercolor techniques is wet-in-wet, in which large portions of the paper are wet, using an application of a wash of color or with plain uncolored water. The brush is loaded with pigment from the palette and either dropped or stroked onto the paper, allowing the color to flow wherever may wish to, blooming into interesting and most excitingly unexpected patterns, merging and flowing with previous applications of other colors and forming new shades. Explore the wet-in-wet technique while creating beautiful flowers.

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Body Bar

Amy Brown, NASM-CPT, Breast Cancer Post Rehab Specialist, Body Bar and Punk Rope Certified

Build core stability and strength training with the body bar. Find new ways to develop your strength and promote good fitness and health.

Amy Brown is a fitness trainer and a competitive equestrian rider. She works with clients of all ability levels from increasing mobility to sport specific training.

Eating Without Fear: The Lifestyle Reconstruction Weight Control Program

Robin Korngold, L.C.S.W. (also offered in Session 3)

Participate in an experiential group therapy/nutrition session that will focus on Robin Korngold's break-through Lifestyle Reconstruction Weight Control treatment program. Topics will include: developing healthy eating habits, exploring your personal history with food, techniques to change your mindset and conquer your fears, relapse prevention, and an introduction to creating an individualized exercise program that will help you achieve long term weight loss.

Robin Korngold, L.C.S.W., is a psychotherapist specializing in the treatment of eating disorders. She is a certified nutrition specialist and personal trainer, certified by the American Council on Exercise.

Extreme Audience Makeovers (also offered in Session3)

Amanda Michaels Salon

Here's your chance to participate in your own extreme makeover! Our team of beauty experts from the Amanda Michaels Salon (formerly Rojo Salon) will share some of their beauty secrets through audience demonstrations. Discover which haircuts are best for the shape of your face, the benefits of clarifying your hair, how to maintain color treated hair, and proper nutrition for healthy hair. Volunteers will receive complimentary updos, blowouts, and trims, and learn how to recreate similar beauty magic at home.

The Amanda Michaels Salon Team: Wayne Kawash has over 23 years of experience. Trained by Redken, he has owned and operated three salons. Lilah Cummings is a Redken trained color expert, with over eight years of hairdressing experience. Margie Viola has worked for over forty-five yrs working as a hairdresser. Trained under top colorist Wella, she is currently an owner of Rojo Salon. Ellie Nevares, a former salon owner, has worked as a hairdresser for over thirty years. Ziggy Mulugeta has over nine years of experience, and is trained in the latest hairstyling techniques. Frances Vargas is a master educator in cosmetology for Milady. A graduate of Capri, she has over 14 yrs of experience in the field. Debbie Lafemena has been a hairdresser for over thirty years. Debbie Grecco Schaffer has over thirty years experience as a makeup artist.

Hypnosis for Relaxation

Jeffrey Rose, CMH

Stressors are situations or events that can cause us to be stressed. Stress can be both work or home related and indeed is often a combination of the two. Fortunately, no matter what the external outside conditions are that are causing you stress, you can develop new ways to deal with it internally through the Advanced Hypnosis Center's Program in Stress Management. Learn new, effective ways to deal with and combat stress that will be implemented by your unconscious mind automatically. You will generate new conscious habits and utilize new techniques that will minimize, and even eliminate, stress in areas where it formally was dominating and interfering with your enjoyment of life, and stopping you from living a positive, fulfilling life.

Jeffrey Rose, CMH is a Certified Hypnotist and a Master Practitioner of Neuro Linguistic Programming (NLP). Jeffrey has a private practice in Manhattan and over 12 years experience offering private individual hypnosis sessions, delivering group sessions, workshops, and corporate programs, in the New York area, and throughout the country.

Jewelry Making: Art for Health & Wellness Workshop (also offered in Session 1 & 3)

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Susan Shaw has over twelve years experience as an art specialist, and has a degree in Special Needs and Art Education. She is a former teacher at Haverstraw Middle School.

Managing Your Risk for Breast Cancer

Dr. Freya Schnabel

Join expert Dr. Freya Schnabel for a discussion of the indicators of breast cancer and how to educate yourself in order to minimize your risk.

Dr. Freya Schnabel is a graduate of Barnard College and the NYU School of Medicine, where she was elected to the Alpha Omega Alpha Honor Society. Dr. Schnabel recently assumed the position of Director of Breast Surgery at NYU Medical Center and Professor of Surgery at NYU School of Medicine.

Menopause & the Controversy Over Hormone Replacement Therapy (also offered in Session 1 & 3)

Dr. Deborah Raice

Are you experiencing hot flashes? Do you feel like your memory isn't what it used to be? Explore the symptoms of menopause, and discuss potential options and health risks associated with hormone replacement therapy.

Dr. Deborah Raice is an Endocrinologist with the Department of Endocrinology and Metabolism at Nyack Hospital in Nyack, NY and with Good Samaritan Hospital in Suffern, NY

Non-Invasive Procedures for Skin Rejuvenation

Dr. Heidi Waldorf

Most women want to continue to look like themselves, just a younger, well-rested version. Current non-invasive procedures including Botox, fillers, lasers, microdermabrasion and radiofrequency that can be used to accomplish this goal with minimal down-time will be discussed.

Dr Heidi Waldorf is a Board certified Dermatologist and Director of Laser and Cosmetic Dermatology and Associate Clinical Professor at Mount Sinai School of Medicine in New York. She is also Surgical Director of Waldorf Dermatology and Laser Associates, PC, Nanuet, NY.

Plastic Surgery

Dr. Laura Sudarsky

Is plastic surgery for you? Will it help you feel better about yourself, or is that a myth. We will discuss various surgical procedures in plastic surgery from facelifts to breast lifts, and talk about what you can realistically expect. Attendees should come away with a reasonable understanding of plastic surgical procedures, and how to choose a plastic surgeon.

Dr. Laura Sudarsky is the Chief of Plastic Surgery and an attending physician at Good Samaritan Hospital in Suffern, NY as well as an attending physician at Nyack Hospital and Jacobi Medical Center. She is also the Director of the Ambulatory Plastic Surgery Facility at Natural Images in Plastic Surgery in Nyack, NY.

REACT: R.esponsive A.ction C.onfidence T.raining (also offered in Session 3)

Michael Malandra

The goal of REACT Programs is to teach women how to avoid becoming victims of random acts of violence and abduction and how to react if confronted by a hostile situation. Each situation is different, but we have developed specific methods that can help women stay safe by using basic, instinctual human reactions and a plan of action. Participants do not need any special martial arts background or specific strength or size. REACT Programs teach individuals through awareness, voice commands and interactive role-playing. We empower our participants by giving them the basic safety tools they need to stay safe. Learn about the REACT program, learn some safety tips and participate in some demonstrations.

Michael Malandra is Co-Founder of REACT Programs with Walter S. Goldman. Michael is a well-respected Personal Safety Expert and currently travels throughout the United States helping everyday people "STAY SAFE!"

Role of Genetic Testing in Breast Cancer Risk Assessment

Dr. Nelly Jouayed Oundjian

Dr Nelly Oundjian will discuss genetic counseling and the breast cancer susceptibility gene (BRCA) testing for women of Ashkenazi Jewish Descent, who have personal and/or family history of breast cancer. Topics discussed include who should consider testing, the benefits and limitations of testing, and guidelines for cancer prevention in BRCA mutation carriers.

Dr. Nelly Jouayed Oundjian is the Director of the Comprehensive Genetics Program at Harlem Hospital in New York as well as an Assistant Clinical Professor of Pediatrics at the College of Physicians and Surgeons at Columbia University in New York. In addition, Dr. Oundjian is a Consultant Geneticist at Quest Diagnostics in Teterboro, NJ.

Strong Bones for Life

Michelle Mosner, RD, CDN & Shari Silverstein, RN, MS, CNS

This engaging presentation will address your questions about strong bones, and will touch on key strategies to promote bone health and focus on prevention, early detection and diagnosis and treatment. It will empower individuals by emphasizing positive life style choices including a nutrient rich diet for strong bones throughout life.

Michelle Mosner is the Osteoporosis Nutrition Educator for the New York State Osteoporosis Prevention Education Program (NYSOPEP) Hudson Valley Regional Center and for the State's Coordinating Center based at the Clinical Research Center, Helen Hayes Hospital in West Haverstraw, New York. Ms. Mosner, a graduate of Cornell University, has over 30 years of experience as a Registered Dietitian and is a Certified Dietitian-Nutritionist.

Shari Silverstein is the Osteoporosis Nurse Educator for the NYSOPEP Hudson Valley Regional Center and Coordinating Center. Ms. Silverstein, a graduate of Adelphi University, is a professional educator who has been a clinical nursing instructor for over 20 years and has specialized in osteoporosis education for over 10 years.

What Every Woman Should Know: Early Detection and Prevention of Gynecologic Cancers

Dr. E. Ephraim Resnik (also offered in [Session 3](#))

Learn about the cancers that affect the female reproductive system, and find out ways to identify early warning signs.

Dr. E. Ephraim Resnik is a founder and the medical director of the Regional Gynecologic Oncology, P.C. He is board certified in this unique subspecialty and is a Fellow of both the American College of OB/GYN's and the American College of Surgeons.

What to Eat When Dining Out

Michelle Kleinman, R.D., CD/N

All those restaurants, all those choices, all those calories, what should we eat? Michelle Kleinman R.D., CD/N, Public Health Nutritionist from the Rockland County Department of Health will highlight Delicious & Nutritious Food Choices from deli choices to your favorite Italian dishes.

Michelle Kleinman, R.D.,CDN, is a public health nutritionist for the Rockland County Department of Health. She is a Certified Dietitian Nutritionist in the state of New York and a Registered Dietitian. Michelle has an Associates Degree in Culinary Arts from Johnson and Wales

University, in Providence, Rhode Island. Michelle returned to school after working in the hotel and restaurant field as a professional baker. She has a bachelor's degree in Food Science and Nutrition from Marymount College.

Women and Heart Disease - Know the Facts

Denise Goldstein, RN, MSN, APN- BC

Knowing your risk factors, and correcting them, is the key to heart health. Come learn the risk factors for heart disease, how to determine your own risk, and what you can do to prevent heart disease.

Denise Goldstein has been a critical care nurse for 23 years, and a nurse practitioner for 6 years. Her area of expertise has focused around cardiac care, and most recently on women's heart health, since she became a part of the team at The Center for Women's Heart Health at The Valley Hospital. She is a board certified acute care nurse practitioner, and a member of the American College of Nurse Practitioners, and The Association of Critical Care Nurses.

11:00-11:50am Session 3

Communicating with Your Adult/Married Children

Dr. Mona Spiegel

The prevalence of mother-in-law jokes indicates the high level of anxiety that surrounds our relationship with our married children. Many times we feel that our love and concern for them backfire! This workshop will describe how to develop a positive relationship with your children and their spouses, how to smooth out the rough spots, and how to be the grandparent that you wish you had.

Dr. Mona Spiegel is a psychologist with a doctorate in psychology from Columbia University. She is the founder of MyFamilyCoach™, which provides individual and group coaching on the telephone for women who want guidance but do not need therapy.

Eating Without Fear: The Lifestyle Reconstruction Weight Control Program

Robin Korngold, L.C.S.W. (also offered in [Session 2](#))

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Genetic Disease Carrier Screening for Persons of Ashkenazi Jewish Descent

Dr. Nelly Jouayed Oundjian & Robin Fiddle Posnack

Dr. Nelly Jouayed Oundjian will discuss the clinical manifestations of the genetic diseases that occur more often in the Ashkenazi Jewish population for which carrier testing is available. She will also discuss carrier frequencies, detection rates and prenatal diagnosis of the Ashkenazi Jewish Genetic Diseases. Dr. Oundjian will be joined by Robin Fiddle Posnack, mother of a child with a rare Jewish genetic disease.

Dr. Nelly Jouayed Oundjian is the Director of the Comprehensive Genetics Program at Harlem Hospital in New York as well as an Assistant Clinical Professor of Pediatrics at the College of Physicians and Surgeons at Columbia University in New York. In addition, Dr. Oundjian is a Consultant Geneticist at Quest Diagnostics in Teterboro, NJ.

Robin Fiddle Posnack is a New City resident with four children and an active member of the JCC. Mrs. Posnack and her family have been faced with a difficult challenge since the birth of her son Jack in 2005. Jack was born with a Jewish genetic disease called Riley-Day Syndrome or familial dysautonomia (FD). FD is a rare genetic disease that affects the autonomic and sensory nervous system of children from birth. Mrs. Posnack has made it her life mission to inform women of the need to get genetic testing and increase awareness.

Healthy Cooking: Main Essentials Food Demonstration

Enrique Almonte

Discover how easy it can be to prepare a delicious vegetarian meal with Enrique Almonte, owner and chef of Main Essentials. He will prepare a meat alternative/protein, a side dish, a vegetable, and a vegan dessert and answer your questions about vegetarian and vegan cooking.

Enrique Almonte is the owner of two vegetarian restaurants, Main Essentials in Haverstraw, NY and the recently opened Nyack Main Essentials. Mr. Almonte was born in the Dominican Republic and has lived in the U.S. for the past 20 years. He has been a vegetarian for the past 13 years. Mr. Almonte's mission is to provide healthy and delicious food for his customers and to create an awareness of the importance of eating healthfully. He believes passionately that eating properly and mindfully affects every facet of one's life, and this belief is the inspiration behind both of his restaurants.

Heart Disease: What Women Need to Know to Save Their Lives

Pat Delaney, RN

Heart disease is not a man's disease. This motivational talk will address why women need to be proactive in their care. Learn why you must put yourself first, when it comes to a heart healthy lifestyle in order to be there for everyone else.

Pat Delaney, RN is the Director of Cardiac Outreach and Service Line Development, The Valley Columbia Heart Center and the Center for Women's Heart Health at The Valley Hospital. Pat has been in Cardiac Surgery and critical care medicine for over 30 years. She sits on the Commissioner of Health's Advisory Panel for the State of NJ. She is a member of America College of Cardiology and The Society of Thoracic Surgery.

Helping Hands and Healing Hearts - Psalms as a Source of Insight

Rabbi Paula Mack Drill

Women are nurturers and caregivers both professionally and personally. We know that we cannot give continually without refilling the soul, but who has time to take care of ourselves? Jewish tradition offers a way to give ourselves a ten minute "refill"! Psalms are a source of insight and support and together we will find the one psalm that speaks just to you. We will have an opportunity to make Psalm Cards that we can carry with us whenever we need that ten minute refill. Bring your experience and your wisdom to the words of psalms and find out if they are repositories of sustenance for your soul. *All texts will be in Hebrew and English.*

Rabbi Paula Mack Drill is the Associate Rabbi of the Orangetown Jewish Center in Orangeburg, New York, and a Rabbi at the Solomon Schechter Day School of Essex and Union in West Orange, New Jersey.

Hypnosis for Weight Loss

Jeffrey Rose, CMH

You've been losing weight, then putting it back on. Attempt after attempt to remain thin leaves you frustrated and back where you started. You do all the supposed right things: you starve yourself on diets and struggle to avoid your favorite foods because being overweight makes you so unhappy. And you keep trying because you do have a sincere desire to look better, and of course be healthier. You cannot consciously change negative eating patterns. What is required is a way to change your underlying subconscious beliefs and desires. And that is exactly why hypnosis is so powerful and effective, where all the other methods fail. With hypnosis, the hypnotist first uncovers the true reasons why you are overeating and making yourself overweight. Come learn about how hypnosis can help you achieve your weight loss goals.

Jeffrey Rose, CMH is a Certified Hypnotist and a Master Practitioner of Neuro Linguistic Programming (NLP). Jeffrey has a private practice in Manhattan and over 12 years experience offering private individual hypnosis sessions, delivering group sessions, workshops, and corporate programs, in the New York area, and throughout the country.

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Making "Cents" of Your Food Dollar

Michelle Kleinman, R.D., CD/N

Learn practical shopping and cooking tips from Michelle Kleinman, registered dietician and Rockland County Public Health Nutritionist. Eating for a healthy lifestyle can be easy, delicious and affordable. Learn how to make a healthy "centsable" meal.

Michelle Kleinman, R.D.,CDN, is a public health nutritionist for the Rockland County Department of Health. She is a Certified Dietitian Nutritionist in the state of New York and a Registered

Dietitian. Michelle has an Associates Degree in Culinary Arts from Johnson and Wales University, in Providence, Rhode Island. Michelle returned to school after working in the hotel and restaurant field as a professional baker. She has a bachelor's degree in Food Science and Nutrition from Marymount College.

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Pilates Mat

Diane Finkelday, ACSM, NSCA, ACE, AFFA, Spinning, and Yoga Alliance

A mat based class for all levels. Stretch and strengthen your spine and core, and focus on exercises that build proper postural alignment.

Diane Finkelday has over twenty years of experience in fitness working with different populations, as well as a strong performing arts background in dance, acting and voice. She specializes in pre/post natal and post rehab clients.

REACT: R.esponsive A.ction C.onfidence T.raining (also offered in Session 2)

Michael Malandra

The goal of REACT Programs is to teach women how to avoid becoming victims of random acts of violence and abduction and how to react if confronted by a hostile situation. Each situation is different, but we have developed specific methods that can help women stay safe by using basic, instinctual human reactions and a plan of action. Participants do not need any special martial arts background or specific strength or size. REACT Programs teach individuals through awareness, voice commands and interactive role-playing. We empower our participants by giving them the basic safety tools they need to stay safe. Learn about the REACT program, learn some safety tips and participate in some demonstrations.

Michael Malandra is Co-Founder of REACT Programs with Walter S. Goldman. Michael is a well-respected Personal Safety Expert and currently travels throughout the United States helping everyday people "STAY SAFE!"

Skin Cancer: The Complete Story

Dr. Fayne Leslie Frey

This presentation covers the three layers of skin, the sun and its' impact on the skin, and who is at risk for skin cancer. The three major forms of skin cancer and their treatments, self-examination, and skin protection will be reviewed as well. Sun safety and alternative tanning techniques are also discussed.

Dr. Fayne L. Frey is a board-certified dermatologist practicing in West Nyack, New York, where she specializes in skin cancer.

What Every Woman Should Know: Early Detection and Prevention of Gynecologic Cancers

Edited on 3/2/2009

Dr. E. Ephraim Resnik (also offered in Session 2)

Learn about the cancers that affect the female reproductive system, and find out ways to identify early warning signs.

Dr. E. Ephraim Resnik is a founder and the medical director of the Regional Gynecologic Oncology, P.C. He is board certified in this unique subspecialty and is a Fellow of both the American College of OB/GYN's and the American College of Surgeons.

On-Site Testing

Audiology Testing

Dr. Pam Greenspan

Dr. Pam Greenspan has been a Doctor of Audiology for 30 years. She has a private practice in Briarcliff Manor, NY and does consulting in Nyack and Ardsley hearing centers. She received a BS from Brooklyn College, an MS from Boston University, and an Au.D. degree from the University of Florida.

Blood Pressure Testing

Nyack Hospital

BMI Testing

Dr. Denise Goldstein

Bone Density Testing

Nyack Hospital

Genetic Disease Testing

Dr. Nelly Jouayed Oundjian

Oral Cancer Screening - Vitzalize Technique

Dr. Barbara Ollech