

EVENT SPONSORS

LRH is fortunate that businesses in the community recognize the value in supporting this worthwhile health-related event. A special thanks to the following businesses:

MAJOR EVENT SPONSORS

CGI Benefits, Inc.
Garnet Hill
Leaders for Today, LLC
Littleton Regional Healthcare
LRH Auxiliary
North Country Health Consortium

EVENT SPONSORS

Advanced Graphic Communication
Atlantic Charter
Coca-Cola
Baker, Newman, Noyes
Bear Images
Hackett, Valine & MacDonald, Inc.
Health Plans, Inc.
Lincoln Financial Group
MRS NH
Sherwin Dodge Printers

*All rates are subject to the 9% New Hampshire Rooms & Meals Tax and a \$20 Resort Amenity Fee per room per night. Service charge and tax are subject to change.

Health Conference. Discounted room rates for Conference attendees are available at the OMNI Mount Washington Hotel on the evening of Sunday, May 12 & Monday, May 13, 2013. Guest rooms will be available for \$135* per room, per night (single & double occupancy). A daily charge of \$20 will be added to the above rate structure for each additional occupant above and beyond double occupancy. Reservations must be made directly by calling the OMNI Mount Washington Resort at 800-258-0330. Don't forget to mention that you are attending the Littleton Regional Healthcare Women's Health Conference.

Comfortable Overnight Accommodations

From award-winning dining to the Spa that incorporates local botanicals into its rejuvenating opportunities, to its endless list of outdoor recreational options, OMNI Mount Washington Resort is a place that reminds you how wonderful it is to be alive!

New England experience. Spa and Conference Center, and you have a complete that the Presidential Wing & Spa, home to the Resorts Washington Hotel and elegant Dining Room at your back and call...how can you possibly go wrong? Add to and timeless grandeur of the OMNI Mount

With the Northeast's highest peak, and the luxuriant Washington Hotel and elegant Dining Room at your back and call...how can you possibly go wrong? Add to and timeless grandeur of the OMNI Mount



A beautiful setting...

Embracing the Real You!

22nd Annual North Country Women's Health Conference
Littleton Regional Healthcare
600 St. Johnsbury Road
Littleton, NH 03561

Littleton Regional Healthcare's 22nd Annual North Country

Women's Health Conference

MONDAY, MAY 13, 2013
7:30 am - 4:00 pm

OMNI Mount Washington Resort
Presidential Conference Center & Spa
BRETTON WOODS, NEW HAMPSHIRE

Embracing the Real You!

Learn to like yourself just the way you are with keynote speaker *Kelita*

Health, Healing & Rural Life

How to improve access to health services and health outcomes with NCHC keynote speaker

Patsy Thompson Leavitt, MS, FNP

LITTLETON REGIONAL HEALTHCARE
Where good health begins.

NORTH COUNTRY HEALTH CONSORTIUM
Northern New Hampshire AHEC

LITTLETON REGIONAL HEALTHCARE'S 22nd ANNUAL North Country Women's Health Conference will be held on Monday, May 13, 2013 from 7:30 am-4:00 pm at the OMNI Mount Washington Resort Presidential Conference Center & Spa. This annual event features many health-related topics affecting women today. The Conference offers medical and healthy lifestyle experts who provide a variety of workshops and vendors who bring valuable information and a unique shopping experience. Attendees can enjoy free health screenings provided by Littleton Regional Healthcare, chair massages, Reiki, and much more. Register now for a relaxing and fun-filled day!

Embracing the Real You!

With Singer, Songwriter & Motivational Speaker,

Kelita



Even in the world of celebrities, few people have enough recognition to be known by just one name, but a diminutive Canadian singer-songwriter known simply as Kelita is one of those people. It may be because her name is so unusual, or it may be related to the fact that she has been plying her trade from early childhood.

From her imaginary stage in the hayloft of the big barn of her parent's Claesholm, Alberta ranch where she began to sing at the age of four, to the yard light that was her first "spotlight", her love of music and performing were Kelita's escapes from significant traumatic experiences during her early childhood and teen years. In fact those escapes fine-tuned a dream that she would one day be a star—a reality that continues to expand after decades of performance.

And performance is what attracts the following that Kelita has gathered. From comic sketches delivered by a host of

unique characters, boot kicking country, to melodies that stir innermost emotions with lyrics that will swell tears, Kelita's versatility and diversity allow her to captivate the hearts of her listeners and open their minds to messages with universal appeal. She has become a superstar with a mission.

SUNDAY NIGHT FUN...

Are you spending the night at the OMNI Mount Washington Resort? Join us for some fun on Sunday, May 12th, 6:00-8:00 pm

Nia & Yoga Fusion

Join instructor Caryn Clark for some movement and relaxation at 7:00 pm. Location will be announced at registration!

"Heart of A Woman"

with singer/songwriter *Kelita*

On Sunday night from 8:00-9:30, Kelita will perform in The Cave.

Early Bird Gift Opportunity

Be one of the first 50 to register and receive a special gift, compliments of Garnet Hill! Registration begins at 5:00 pm.

Free Raffle

Enter to win **Dinner for Two** at any OMNI Mount Washington Restaurant, Hotel Dining Room, Stickney's, and Bretton Arms Inn Dining Room. All activities will take place in the Gifford Room located next to the Grand Ballroom.

Stop by registration for details - 5:00-6:00 pm!

See you on Sunday night!

New This Year...

The North Country Health Consortium/Northern NH Area Health Education Center is collaborating with LRH to offer additional sessions geared towards physicians, nurses and behavioral mental health specialists.

NCHC Keynote Speaker

Patsy Thompson Leavitt, MS, FNP

Patsy is the Executive Director and Volunteer Nurse Practitioner of Leavitt's Mill Free Health Center in Bar Mills, Maine, and the Clinical Coordinator of the MSN/FNP Program at St. Joseph's College Online in Standish, Maine. She has been a nurse practitioner for 19 years and practiced in a rural primary care environment for 15 years.

Ten years ago, Patsy established a Free Clinic (Leavitt's Mill Free Health Center) in rural southern Maine, where over 1200 persons have been served since the clinic's inception. In this role, as well as in her role as a faculty member, she has explored the literature regarding healthcare disparities and caring for the rural population. Her keynote address will identify state, regional and national trends which improve healthcare access for women, and discuss evidence based cost-effective healthcare elements that improve health outcomes.



Topics of NCHC-sponsored workshops include:

- Geriatric Mental Health
- Diabetes During Menopause
- Heart Disease in Older Women
- Integrating Substance Abuse Treatment into Mainstream Healthcare
- A System-wide Approach to Improving the Health Status of North Country Women

Funding for this activity was made possible in part by the HHS, Office on Women's Health. The views expressed in written materials or publications and by speakers and moderators at HHS-sponsored conferences, do not necessarily reflect the official policies of the Department of Health and Human Services; nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

NORTH COUNTRY HEALTH CONSORTIUM
Northern New Hampshire AHEC

Embracing the Real You!

SCHEDULE 2013

TIME	SPEAKER/ACTIVITY	TOPIC
7:30-9:00 am	Registration, Continental Breakfast, Health Screenings	
9:00-9:15 am	Warren K. West, CEO	Welcome & Opening Remarks
9:15-10:15 am	SESSION I (Choose One)	
Session IA	Russell Sarver, MD, Urologist	Urinary Incontinence - Evaluation & Treatment Options For You*
IB	Paul Drake, Viki Kiman & Maggie Tatone	Tai Chi Chuan: Ancient Practice for the Modern Woman
IC	Nicholas R. Marks, MD, FACOG, Obstetrician/Gynecologist & Emily Kelly, APRN, IBCLC	Intimacy After Menopause*
ID	Eric Mullins, MD, Orthopaedic Surgeon	Is It Carpal Tunnel? Prevention, Presentation and Treatment*
IE	Kirsten A. King, MSN, RN	Clinical Challenges in Geriatric Mental Health**
IF	Sushela Chaidarun, MD, Endocrinologist	The Twin Challenge: Managing Diabetes During Menopause**
10:15-10:30 am	Mid-Morning Break - Vendor Alley, Health Screenings, FREE Chair Massages, Book Signings	
10:30-11:30 am	SESSION II (Choose One)	
Session IIA	Ken Kimball, Head Injury Survivor, Artist, Hypnotist	Using Creativity to Heal*
IIB	Teresa D. Green, MD, Diplomate, Sleep Medicine	Sleep in Women - It's Not Just "Beauty Rest"*
IIC	Julia M. Bolding, MD, Rheumatologist	Osteoporosis - Keep Your Bones Strong*
IID	Caryn Clark, LMT, White Belt Nia Instructor	The Nia Technique - Experience the Joy of Movement
IIE	Colleen LaBelle, RN, CARN	Integrating Substance Abuse Treatment into Mainstream Healthcare**
IIF	Robert Capodilupo, MD, FACC	Diagnosis and Management of Heart Disease in Older Women**
11:30-12:00	Late Morning Break - Vendor Alley, Health Screenings, FREE Chair Massages, Book Signings	
12:00-1:15 pm	GRAND BUFFET Luncheon & Networking	Main Ballroom
1:15-1:30 pm	Gail Clark, Director of Marketing & Community Relations, & Nancy Frank, NCHC Executive Director	Closing Remarks, Conference Evaluations - Keynote Introductions
1:30-1:45 pm	Break	Kelita will have CD's available for anyone interested in taking one home! Stop by for your autographed version!
1:45-2:45 pm	Keynote Speaker: Kelita	Embracing the Real You! Learning to Like Yourself Just the Way You Are.
1:45-2:45 pm	NCHC Keynote Speaker: Patsy Thompson Leavitt, MS, FNP	Health, Healing and Rural Life... How to Improve Access to Health Services and Health Outcomes for Rural and Underserved Women of Northern NH**
2:45-3:00 pm	Break	
3:00-4:00 pm	SESSION III (Choose One)	
Session IIIA	Emil M. Pollak, Jr., MD, FACC, Cardiologist	Taming the Silent Killers: Hypertension and High Cholesterol*
IIIB	Leon Kogan, MD, Gastroenterologist	Colon Cancer & Women*
IIIC	Michele (Shelley) Hannon, CRNA	Dying Well*
IIID	Daniel O'Neill, MD, EdD, FAAOS, Orthopaedic Surgeon	We're All Athletes in This School: Revolutionizing School Sports to Fight Obesity*
IIIE	Kristen Weir, Esthetician & Salon & Day Spa Owner	A Fresh Face for Every Decade!
IIIF	Joyce Dobbertin, MD	A System-wide Strategic Approach to Improved Health Status for Rural North Country Women**
4:00 pm	Stop by to claim your raffle prizes!	Main Registration Desk

* NURSING CREDIT AVAILABLE ** PHYSICIAN AND NURSING CREDIT AVAILABLE

NURSING Northern NH Area Health Education Center is an approved provider of continuing nursing education by New Hampshire Nurses' Association's Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This continuing education activity has been approved for up to 4 contact hours.

PHYSICIANS The Northern NH Area Health Education Center/North Country Health Consortium designates this live activity for a maximum of 4 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

SOCIAL WORKERS Please contact Stephanie Singer at ssinger@nchnh.org or 603-259-3700 x246 for more information about the National Association of Social Workers (NASW) credit designation for this activity.

Courses shaded in this color are presentations made possible by North Country Health Consortium and HHS, Office of Women's Health.

Conference Registration

YES, I will be attending the 2013 North Country Women's Health Conference!

Name _____

Address _____

City/State/Zip _____

Daytime Phone (____) _____ Email _____

- YES. I will be requesting certification for nursing credit contact hours.
- YES. I will be requesting CME credits.
- \$65.00 per person conference fee: includes continental breakfast, luncheon, keynote, breakout sessions, health screenings, door prizes, gifts, vendors and much more.
- \$50.00 Luncheon and keynote presentation fee: For those who cannot stay the whole day, we are now offering an opportunity to attend the luncheon and keynote speaker. This includes the luncheon, vendors and an enjoyable afternoon at the OMNI Mount Washington Resort.
- YES. I will attend the Sunday Night Fun activities!

Make check payable to LRH and send along with your registration to: LRH Community Relations, 600 St. Johnsbury Road, Littleton, NH 03561. For additional information, call (603) 444-9304 or register online at: www.littletonhospital.org.

METHOD OF PAYMENT

VISA MasterCard Discover Check Enclosed

Card # _____

Expiration Date _____ / _____

SESSION CHOICES (choose only one topic per session)

Session I A B C D E F

Session II A B C D E F

Session III A B C D E F

Register early as space is limited. We cannot refund registration fees unless cancellations are received by Monday, May 6th.

One Fabulous RAFFLE TICKET

Take a chance to win spectacular raffle prizes—gifts, handmade items, gift certificates, and much more!

Fill out the following information and send with your registration, or bring it with you to the conference!

Name _____

Street _____

City _____

State/Zip _____

Daytime Phone (____) _____

Email _____