

You're Invited!

For more information,
call 864-560-2229 or visit
regionalwomenshealth.com.

Do you need a girl's day out? Join us for our 11th anniversary! Women are invited to bring their friends, daughters and mothers for a full day of education, food and fun. *A Boutique* will treat us to a fashion show during lunch, showcasing the latest spring styles and colors. You don't want to miss it!


This year's Expo will include keynote speaker Sheila L. Snoddy, who will inspire you to take action for your health and make a difference in your community. With your personal choice of breakout sessions, you'll be able to find the information to help you look and feel your best. Specialty vendors will have items for sale so you can shop between sessions!

Program Schedule

- 8:00 – 8:45 a.m. Registration / Vendor Exhibits / Continental Breakfast
- 9:00 – 10:00 a.m. **Opening Session / Keynote Address**
Sheila L. Snoddy
Stand Up, Step Forward, Take Action
How one woman made a difference
- 10:00 – 10:30 a.m. Break / Visit Vendor Exhibits
- 10:30 – 11:30 a.m. Session I
- 11:30 – 12:00 p.m. Break / Visit Vendor Exhibits
- 12:00 – 1:00 p.m. Session II
- 1:15 – 2:30 p.m. Lunch, Fashion Show and Door Prizes



Non-profit
 Organization
 US Postage
 PAID
 Permit No. 204
 Spartanburg, SC
 29303


 Spartanburg Regional
 101 East Wood Street
 Spartanburg, SC 29303

Women's Expo

Health, Humor and Hormones



11th Anniversary

Saturday, March 17, 2007
Spartanburg Marriott at
Renaissance Park

Brought to you by



Spartanburg Regional

Sponsored by: A Boutique, Carolina Plastic Surgery
Supported by Spartanburg OB-GYN Society

Customize Your Day!

Please join us for our special
11th anniversary celebration
of Women's Expo.

Saturday, March 17, 2007,
Spartanburg Marriott at Renaissance Park

Breakout Sessions (please select two)

Ready to Take the Next Step?

Get familiar with your plastic surgery options

Dr. Michael J. Orseck, Magnolia Center for Plastic Surgery

Gardening 101: Can you dig it?

Get down and dirty with gardening

Hollie Walker, Certified Horticulturalist

Don't Go Breaking Your Heart

Learn how to manage stress and heart health

JT Smith RN, BSN, BC, CVN-1

Size Does Matter: ABC's of bra fitting

Learn the secrets of finding a bra that fits

Emily Watkins, Essential Bodywear, LLC.

Exercise Your Brain

Use it or lose it

Dr. Mohammed Memon, Regional Psychiatry

Libido: What is it and where can I get some?

Learn from the expert

Betsy Miller, RNC, WHNP, Piedmont Women's Healthcare

Preventing Osteoporosis: No bones about it

Build strength and mobility for a lifetime

Debbie Cone, PT, Regional Rehabilitation Services

Bladder Health: Always have to go go go?

Learn the latest treatments for bladder health and control

Dr. Grant Warren, Piedmont Women's Healthcare

Sleep Well to Feel Well

Learn how to get restful sleep

Shari Angel Newman, RPSGT

Chocolate and Wine: Friend or foe?

Learn more about heart healthy foods

The Fountain of Youth: Look your best at any age (Session I only)

Discover the secrets of great skin care to keep you looking your best

Dr. Karen DeVore, DeVore Dermatology

Maximize Your Wardrobe: Looking good every day (Session I only)

Identify the must-haves to update your wardrobe

Dianne Allison and Jennifer Weneck, A Boutique

What's new with breast implants and cosmetic surgery? (Session II only)

Come and get the facts

Dr. John Lettieri, Carolina Plastic Surgery

CPR: The beat goes on... (Session II only)

Learn how to save lives

Spartanburg Regional AHA Training Center Staff

To register for Women's Expo, complete the information below. Early registration fee is \$30 if received by March 9. After March 9, the registration fee is \$35. The registration fee includes breakfast, program and lunch. Registration fee is non-refundable.

Please make check payable to:

Women's Expo

Please mail check and registration form to:

Spartanburg Regional Healthcare System

c/o Women's Expo

101 E. Wood St., Spartanburg, SC 29303

Space is limited, so please register early.

For questions or additional information,

call 864-560-2229 or visit our Web site

regionalwomenshealth.com.

A certificate of attendance will be awarded to all attendees.

Name _____

Address _____

Home Telephone _____

E-mail _____

Indicate choice for each session.

Session I _____

Session II _____

Check Enclosed

___ \$30.00 Early Registration Fee

___ \$35.00 Postmarked after March 9, 2007