

Registration:

Registration begins April 8, 2015
Seating is LIMITED. Call (800)372-6510 or
register online at www.fscnj.org/retreat.

Please note a \$20.00 non-refundable fee for
attendees is required at time of registration.

Presented by:

Family Support Center of NJ
NJ Department of Health
NJ Department of Human Services
AARP
American Heart Association
American Stroke Association

Sponsored by:



Family Support Center of NJ
35 Beaverson Blvd. Building 11
Brick, NJ 08723



Tuesday, May 12, 2015

8:30 a.m. to 3:00 p.m.
Robert Wood Johnson
Fitness & Wellness Center
3100 Quakerbridge Road
Mercerville, NJ 08619



National
Women's
Health Week

*“Achieving mindfulness in
a multitasking culture”*

Speakers:

Keynote Speaker:

Wendy Warner, MD, ABIHM

Wendy Warner, MD, ABIHM is a leader in integrative holistic medicine and founder of Medicine in Balance, a collaborative holistic medical practice in Langhorne, PA. She is also the co-author of *Boosting Your Immunity for Dummies* and has been an invited guest on the Dr. Oz Show.



Romy Toussaint

Romy Toussaint is passionate about helping people keep their bodies and minds strong, flexible and balanced, while connecting to their spirit. Involved in the health & fitness field for over 35 years, Romy is a certified yoga instructor, personal trainer and life coach. No matter the setting, through movement, breath, prayer, and thought, her presentation refreshes the mind, body and soul.



Elaine Ryan, VP, AARP

Elaine M. Ryan is the Vice President of State Advocacy and Strategy Integration (SASI) in the Government Affairs Department of AARP. Elaine leads a team of legislative staff who work with 53 AARP state offices.



Bailey Frumen, MSW, LCSW

Bailey Frumen, MSW, LCSW, psychotherapist and Lifestyle Design Coach. As the creator of the Inspired Living Program and Life Love Roadmap, she helps ambitious women escape stress and the feeling of being overwhelmed.



Program:

8:30 AM - 9:45 AM

Registration & Breakfast

Visit Vendors

Renewal and Support Services/Health Screenings

9:45 AM

Welcoming Remarks

Mary O'Dowd, Commissioner

NJ Department of Health

Keynote Speaker

"Science Based Stress Management: How the Heart Keeps

Us Safe"

Wendy Warner, MD, ABIHM

Morning Breakout Sessions (Select One)

11:00 AM - 11:30 AM

Visit Vendors

Renewal and Support Services/Health Screenings

Or



Simple Cooking with Heart

11:45 AM - 12:30 PM

"Energy up, Energy down!"

Romy Toussaint

12:30 PM Lunch Buffet

"Supporting Family Caregivers"

Elaine Ryan - AARP Vice President of State Advocacy & Strategy Integration

1:30 PM - 2:15 PM

"How to Create Clarity Without Feeling Overwhelmed"

Bailey Frumen, MSW, LCSW

2:30 PM - 3:00 PM

Afternoon Breakout Sessions (Select One)

Zumba or Yoga

Breakout Sessions:

11:00 AM—11:30 AM

Select One - Space is Limited

Visit Vendors

Renewal and Support Services

Health Screenings

OR



Simple Cooking with Heart

2:30 PM—3:00 PM

Select One - Space is Limited

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries.

OR

Yoga

Yoga is a psycho-physical discipline and is an excellent form of exercise and body conditioning. On a basic level it focuses on posture, flexibility, breathing exercises, relaxation and meditation.

Please bring comfortable clothing for afternoon breakout sessions.