



## Breakout Session Information

### ***“Women and Heart Disease”***

#### ***Learn how to take charge of your heart health!***

Sponsored by Healthy Woman, a Northwest Health System Resource

9:30am

Presenter: Heather Rothrock, APN for Chris Simpson, M.D.,  
Cardiologist

Did you know heart disease is responsible for almost twice as many deaths among women as all forms of cancer combined? Join Heather to learn more about the truth about heart disease, the risk factors, the symptoms, treatment options and how to take charge of your own heart health.

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### ***Step into Spring!***

#### ***Listen for tips on preventive healthcare and feel good as you step into spring!***

Sponsored by Healthy Woman a Northwest Health System Resource

10:15 am

Presenter: Allison Johnson, M.D., Internal Medicine Physician

Have you ever heard "an ounce of prevention is worth a pound of cure?" Well, it is true! Prevention costs less than expensive medical interventions, and in the long run brings more benefits. There is a wide variety of ways individuals can try to protect his or her own health.

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***Finding Your Way to a Healthier You & Cooking Demonstration!***

Sponsored by Healthy Woman a Northwest Health System Resource

9:30am & 10:15am

Presenter: Casey Sams, Dietician and Diabetes Educator for Northwest Health System

Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. Join Casey to learn healthful habits that may reduce your risk of many chronic diseases and increase your chances for a longer life. A cooking demonstration will take place during this workshop.

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***Go Red Fashion***

Sponsored by Masons

9:30am & 10:15am

Presenter: Cathy Campbell

Fashion Denim has become a staple in the modern women's wardrobe. Join the Masons team to learn the latest spring trends and receive a gift certificate towards a pair of denim. Learn about what denim works best for your age and body type.

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***Fitness at Your Fingertips!***

Sponsored by Johnson & Johnson and Healthy Woman a Northwest Health System Resource

9:30am & 10:15am

Presenter: Steve Conley, Director of the SMART Sports program at Northwest Health System (former Arkansas Razorback and NFL Player)

Having a healthy activity level feels great and increases your energy, not to mention it's good for you *and* it's a cinch! We'll share tips for incorporating fitness and good posture into your busy schedule.