

Women's Health & Well-Being

*Strengthen Your Capacity to Influence
and Flourish*

Utah Women's Leadership Speaker & Dialogue Series

Wednesday, November 6, 2019 (6:30-8:30 p.m.)

Ragan Theater, Sorensen Center, Utah Valley University

Keynote Speaker: **Dr. Barbara Wilson**



This event will begin with a brief plenary session with Dr. Barbara Wilson, Interim Dean and Associate Dean of Academic Affairs at the University of Utah College of Nursing and an associate with the Center of Excellence in Women's Health, which focuses on enhancing overall health and wellness for women. After many years of clinical practice and administration in hospital-based nursing, Dr. Wilson has worked in the academic setting since 2005. She will share her insights on how women can flourish and strengthen their impact to influence through health and well-being. After the opening session, attendees will join one of three workshops (see page 2 for details). Women (12 years and older) and those who influence them are invited!

RSVP at www.utwomen.org

Our evening will conclude with light refreshments as attendees dialogue about what they have learned. The event will live stream, and video recordings of the event will be available at www.uen.org and rebroadcast on UEN-TV channel 9.1.

Event Sponsors



L3HARRIS
FAST. FORWARD.



WOODBURY
SCHOOL of BUSINESS



Workshops (Choose One)

Health & Well-Being for Young Women: What You Need to Know to Flourish

Holly M. Willard (Therapist, Clinical Director, & Owner, Grandview Family Counseling) & Liz Darger (Senior Associate Athletic Director/Senior Woman Administrator, Brigham Young University)

Today, many young women wonder how they can flourish in life when their bodies and minds are changing so fast. Pressures come from everywhere to look better, feel better, and perform better. Yet,



the path forward sometimes seems unclear or even scary. So, what can teens and young adults do to stay healthy and strong physically, mentally, and emotionally? This interactive and engaging workshop is designed for young women and influencers and will focus on a variety of topics including body image, anxiety, depression, resilience, fitness, nutrition, and more. Presenters will provide ideas and best practices on how to become healthier in ways that can help



girls and young women thrive and enjoy life more fully. Holly and Liz love working with middle school, high school, and college-aged women who want to strengthen their positive impact!

Real Tools for Women's Mental Health

Tiffany Roe (Licensed Clinical Mental Health Counselor, Owner of Mindful Counseling, Therapy Thoughts podcast host, & psychology teacher)



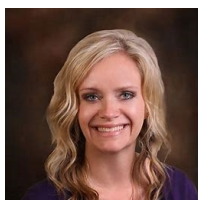
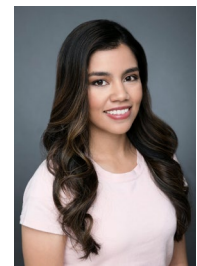
Join Tiffany Roe in a no-nonsense workshop on women's mental health. She'll talk about trends in women's mental health and share the top strategies and tools that help her clients thrive. Women face unique challenges and there are unique tools to help! Let's demystify self-care, unpack some self-defeating beliefs, and practice a few skills together! Tiffany has focused her career on treatment for women navigating disordered eating, poor body image, poor relationships with themselves and food, anxiety, life transitions, and low self-worth. Tiffany personally survived an eating disorder and has been fully recovered for over 12 years. She passionately works to dismantle diet culture and feels called to work with women and to help them find true purpose and self-worth. Tiffany believes you can love yourself, your mind, and your body.

Women's Health and Well-Being: Insights, Tips, and Tools (Panel & Discussion)

Dr. Susan Steffen, MD (Gynecology, Summit Women's Center, Intermountain Utah Valley Clinic); Dr. Heather Harrison, DO (Family Practice, Revere Health, Provo Campus), & Venice Wilkes (Physician Assistant, Family Medicine, Weight Loss Medicine Emphasis, Revere Health)



Moderator Susan Madsen will facilitate an engaging panel discussion—with lots of time for questions from the audience—on women's health. Panelists will discuss various issues from across the life cycle, which could include heart diseases, breast cancer, osteoporosis, pregnancy, osteoarthritis, gynecological health issues, menopause/post menopause, weight challenges, nutrition, exercise, infertility, family planning, endocrine disorders, and more. Panelists will also discuss the importance of prioritizing our physical health



and why many women are not getting regular physicals or screenings, as well as the repercussions from doing that. They will also provide some guidelines and tips for increasing your well-being overall through addressing not only the physical, but other domains of health and well-being. They will highlight resources that can provide additional information, research, education, and outreach programs.