



EMBRACING OUR CHANGES

Promoting Health for Women of Color from Midlife and Beyond

Friday, March 21, 2014

8:30 a.m. – 4:00 p.m.

KELLOGG HOTEL & CONFERENCE CENTER

LINCOLN ROOM

Michigan State University

East Lansing, Michigan

Schedule

Morning

8:30 – 9:00 a.m.

Continental Breakfast

9:00 – 9:15 a.m.

Welcome

9:15 – 10:00 a.m.

Keynote Speaker

Vivian Pinn, M.D.

Former Director (Retired)

Office of Research on Women's Health

National Institutes of Health

10:00 – 10:15 a.m.

Transition to Breakout Workshops

10:15 – 11:30 a.m.

Breakout Workshops

WORKSHOP A: Room 101

- Cardiovascular/Diabetes/Obesity
 - Dr. Joni Summit
Thoracic & Cardiovascular Institute
Cardiovascular Disease
 - Dr. Barbara Fretwell
Capital Internal Medicine Associates
Chronic Illnesses

WORKSHOP B: Heritage Room

- Mental Health/Substance Use
 - Priscilla Wade, PhD
Licensed Psychologist
Depression Anxiety
 - Pilar Horner, PhD
Michigan State University
Substance Abuse

WORKSHOP C: Room 103A/B

- Transition to Mid-life and After/Health
 - Carmelita Samuel, LMSW, ACSW
The Power of "NO"
 - Larmenda A. Davis, LMSW, OSW-C
Caring for the Caregiver

WORKSHOP D: Room 104A/B

- Cancer
 - Victoria Raymond, MS, CGC
University of Michigan
Genetics and Cancer
 - Mitzi Cardona
American Cancer Society, Southfield, MI
Cancer Health Disparities

Afternoon

12:00 Noon

LUNCH

12:30 – 1:15 p.m.

Luncheon Keynote Speaker

Lula Beatty, Ph.D.

Senior Director of Health Disparities

American Psychological Association

1:30 – 2:45 p.m.

Community Voices Panel

- Yvonne Lewis: "Healthy Outlook after Cancer"
- Dr. Khalida Zaki: "Social and Culture Barriers to Health Care Utilization Among Muslim Immigrants"

2:45 – 3:00 p.m.

Break

3:00 – 3:45 p.m.

Fiscal Health

Gail Perry-Mason

AARP Volunteer

First Vice President, Oppenheimer & Co.

3:45 – 4:00 p.m.

Closing Remarks