

Registration:

Registration Begins April 1, 2014
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
American Heart Association
American Stroke Association

Sponsored by:



**Horizon
NJ Health**



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



Friday, May 16, 2014

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

Celebrating

National
Women's
Health Week



Speakers:

Keynote Speaker:

Gloria A. Bachmann, M.M.S., M.D.

Gloria A. Bachmann, M.M.S., M.D., is Professor of Obstetrics and Gynecology and Medicine and interim Chair of the Obstetrics, Gynecology and Reproductive Medicine Department at Rutgers-RWJMS. Her focus is on women's issues, especially those of the aging woman.



Siobhan Hutchinson, MA – Holistic Health

Siobhan Hutchinson created Next Step Strategies to educate and encourage individuals to discover their body's natural healing ability. Clients report experiencing increased range of motion, balance, relaxation, reduced stress and an overall sense of well-being.

Romy Toussaint

Romy Toussaint has been involved in the health and fitness field for over thirty years. She is a life-long athlete, certified personal trainer, soccer coach and certified yoga instructor serving the Mercer County area.



Aliya Frances Browne, D.O. FACC

Aliya Browne, D.O. is board certified in both Internal Medicine and Cardiovascular Diseases. She is a Clinical Cardiologist specializing in preventive cardiovascular care. Dr. Browne's past affiliations include being a partner at Hunterdon Cardiovascular



Associates and a Medical Director for Deborah Heart and Lung outpatient sites. She is presently pursuing a fellowship in integrative medicine and a masters in divinity.

Program:

8:30 AM - 9:45 AM

Registration & Breakfast

Visit Vendors

Renewal and Support Services/Health Screenings

9:45 AM

Welcoming Remarks

Melita J. Jordan, CNM, MSN, APRN C
Director, Chronic Disease Prevention & Control
NJ Department of Health

10:00 AM - 11:00 AM

Keynote Speaker

"Caregiving—it's ok to care for me, too!"

Gloria A. Bachmann, M.M.S., M.D.

11:00 AM - 11:30 AM

Visit Vendors

Renewal and Support Services/Health Screenings

11:30 AM - 12:15 PM

Morning Breakout (Select One)

Simple Cooking with Heart



Or

"Move, Breathe & Be"

Romy Toussaint

12:30 PM - 1:15PM

Lunch & Networking

1:15 PM - 2:00 PM

31 Days of Power!

Heart Health and Stroke Prevention
Aliya Frances Browne, D.O. FACC

Closing Remarks

2:15 PM - 3:00 PM

Afternoon Breakout Sessions (Select One)

Breakout Sessions

11:30 AM—12:15 PM

Select One - Space is Limited

A—Simple Cooking with Heart

B—"Move, Breathe & Be" Romy Toussaint

The approach at Romy Yoga goes beyond poses and breath. These core components are incorporated into an asana flow that is interwoven with key teachings from yoga philosophy, focusing on the eight-fold path. She uses music, poetry, dance and hands-on assist to make sessions fun and challenging.

2:15 PM—3:00 PM

Select One - Space is Limited

Breakout Session A

"T'ai Chi Chih® & Energy Medicine for Vitality & Centering" with Siobhan

Hutchinson, MA – Holistic Health

Also called Joy thru movement, T'ai Chi Chih is an evidence-based practice with many health benefits that will help to balance and center participants. This interactive program will also introduce Energy Medicine.

Breakout Session B

Zumba

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

Breakout Session C

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