

NAME

ADDRESS

PHONE

EMAIL

This event is only possible because many people gave unselfishly of their time and talents.

Thank you to all the workshop presenters and the agencies and organizations who participated in this special event.

A special thank you to Hempfield United Methodist Church for allowing us to use their facility with such a generous spirit.

Thank you to all those many others whose necessary efforts took place behind the scenes but were a vital part of making all this possible.

Sponsored by the
Church & Society Work Team
of the UM Southwest District



October 17, 2009

Hempfield United Methodist Church

3050 Marietta Ave., Lancaster, PA

8 :00 AM—12:30 PM

8 AM – 9 AM

ONSITE REGISTRATION & BROWSING DISPLAYS

9 AM – 9:30 AM **Welcome**

“Faith As a Tool to Better Health” - Joe Beldonza

9:40 AM – 10:10 AM SESSION I

10:20 AM – 10:50 AM SESSION II

11:00 AM – 11:30 AM SESSION III

11:10 AM – 11:40 AM SESSION IV

11: 50 AM– 12:30 PM BROWSING DISPLAYS

INSTRUCTIONS FOR ONLINE PRE-REGISTRATION

Go to: <http://southwestdistrict.us> and click on Events. This is a District Event.

Number your workshop choices in each session 1 through 5 with 1 being your first choice and 5 being your last. Those who pre-register will be more likely to get their first choice. Follow instructions to submit online by Oct. 14.

Email address for the Health and Wellness Fair is:

sw.healthandwellness@gmail.com

SESSION I

___ “CHIP & WIC Explained”

___ “Heart Healthy Living”

___ “Relating to Children with Autism”

___ “Useful Tips for Living with Arthritis”

___ “When a Loved One Is Depressed”

SESSION II

___ “Healthy Spirit, Healthy Body”

___ “Lancaster County LINC”

___ “Massage – It’s Healthy to Be Rubbed the Right Way”

___ “My Sister Forgets Where She Put Her Keys. Is That a Sign of Alzheimer’s?”

___ “Services for the Disabled”

SESSION III

___ “A Look Inside of Hospice Care: It's More Than You Think”

___ “Assisting Children with ADD & ADHD Learn & Live Fully”

___ “De-stressing in Stressful Times”

___ “Intervening in Domestic Violence”

___ “Starting a Health Program in Your Church”

SESSION IV

___ “Dealing with Swine Flu”

___ “Hookers, Pinchers & Grabbers ... Aids to Cope with Physical Challenges of Arthritis”

___ “How and Where to Get Help for Gamblers and Alcoholics and Other Drug Addicts”

___ “Preserving Caregivers' Well-being”

___ “7 Secrets of Successful Budgeting”