

*Today's event has been  
underwritten by the following:*

**Weis Markets  
Lewistown Hospital Auxiliary**

*Committee Members*

*Dessa Benn  
Marge Delozier-Noss  
Norma Fisher  
Louise Frymoyer  
Brenda Funk  
Wanda Gable  
Fran Hartman  
Freda Hook  
Erma Knarr  
Mary Lacombe  
Lisa Lyles  
Kimberly McGinnis  
Keria Meals  
Phyllis Mitchell  
Polly Morrison  
Loretta Pursel*

***Mission***

The Women's Health and Wellness Symposium will strive to educate women in our community, enabling them to make informed decisions about their health.

*Every morning you are  
handed 24 golden hours.  
They are one of the few things  
in this world that you get  
free of charge.  
If you had all the money in the world,  
you couldn't buy an extra hour.  
What will you do  
with this priceless treasure?  
Author Unknown*

***Lewistown Hospital Auxiliary***

"We Care" is the Auxiliary message to patients, families and Hospital personnel.

The Auxiliary is an organization created to serve the hospital and community. Members are guided by the mission of the Hospital in activities that promote community service and education. The Auxiliary offers an opportunity for the community to support the Hospital through various health promotions and fund-raising activities.

Auxiliary membership is open to anyone over eighteen. The Auxiliary provides a stimulating place for social interaction with dedicated people. Meet new people and work toward common goals. Develop your leadership skills. It's fulfilling and exciting to be a part of the Lewistown Hospital Auxiliary. For more information, call 242-7225.



*Lewistown Hospital  
Auxiliary*

*Presents*

*Renew  
Refresh &  
Reconnect*

***Saturday, May 6, 2006***

***8:00 a.m. to 3:00 p.m.***

**Registration, Vendors  
& Health Screenings  
Beginning at 8:00 a.m.**

**Lewistown Recreation Center  
Lewistown, PA**

The  
Lewistown Hospital  
Auxiliary

is proud to host its first annual women's health and wellness symposium, "**Renew, Refresh & Reconnect.**"

Enjoy a day filled with presentations from nationally known motivational speaker and actress, Mary Faktor; attend fun and informative breakout sessions; visit health and wellness vendors; participate in health screenings and enjoy a delicious continental breakfast and buffet lunch. Plus, there will be goody bags, door prizes and raffles.

Mary Faktor will be selling and personally signing her book of poetry, "*Inner Voices.*"

- 8:00 – 8:40----- Registration, continental breakfast, vendors, and health screenings
- 8:40 ----- Welcome
- 8:45 – 10:15 --- Mary Faktor, "Inner Voices, Smart Choices"
- 10:15 – 10:45-- Break, vendors and health screenings
- 10:45 – 11:30-- Break Out Session I
- 11:30 – 12:15-- Break Out Session II
- 12:15 – 1:00 --- Lunch, vendors and health screenings
- 1:00 – 2:30----- Mary Faktor, "The Six Ages of Woman"
- 2:30 – 3:00----- Door prizes, raffles, vendors and health screenings

**Vendors & Health Screenings**

During the event, you will have time to visit one of our many health and wellness vendors and participate in a variety of health screenings. Learn valuable health information and tips for healthy living.



Keynote Speaker  
**Mary Faktor**

**"Inner Voices, Smart Choices"**  
&  
**"The Six Ages of Woman"**

**Mary Faktor** is a professional actress, speaker and business owner. A member of the National Speaker's Assoc. and the National Association of Self Esteem, Mary is personally trained and certified as a Self-Esteem/Life Balance Facilitator by Jack Canfield (*Chicken Soup for the Soul*). She has also trained with Dr. John Gray (*Men are from Mars, Women are from Venus*) and is certified in Emotional Release Therapy by Dr. Walter Weston (*Healing Yourself, Healing Others*).

A member of the American Federation of Television and Radio Artists and the Screen Actor's Guild, Mary is a graduate of The Second City of Chicago and Cleveland and is the Cleveland Coordinator for the Spiritual Cinema Community. She can currently be seen in the Cannes/Sundance-winning, Oscar-nominated film, *American Splendor*; PBS film, *You are Here*; and soon-to-be released film, *Fighting Gravity* with Ed O'Neil. Since 1984, she has been entertaining audiences across the country with her original one-woman comedy show, "**The Six Ages of Woman.**"

Her inspirational, interactive, and fun workshop, "**Inner Voices, Smart Choices,**" has been presented to major corporations, associations, hospitals, churches and fundraisers throughout the country. Mary incorporates her message of self-growth with humorous anecdotes and selections of thought-provoking poetry from her book, *Inner Voices*. Her accomplishments have been featured on various television newscasts and major newspapers throughout the country.

Mary has co-hosted the "*Today in Cleveland*" television show, and can be seen and heard on various radio and TV commercials. Her business, Faktor's Talent Network, provides professional variety talent, event planning, and creative services to diverse organizations and businesses.

**Women's Symposium Reply Form**

Please complete this form and return by April 14, 2006 for early registration discount.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\$35.00 per attendee by April 14  
\$40.00 per attendee after April 14  
\$45.00 per attendee day of event

*\*Fee includes continental breakfast, lunch, speakers, educational materials and giveaways.*

Checks are payable to:  
Lewistown Hospital Auxiliary:  
Attn: Polly Morrison  
400 Highland Avenue  
Lewistown, PA 17044

**Please check the "Break-Out Session" you prefer to attend for Session I & II.**  
*(Based on first come, first serve basis)*

**Break Out Session I: 10:45 – 11:30**

- "Eating Healthy for Life," presented by Debra Gregory, Penn State Cooperative Extension Educator.
- "Strategies for Mid-Life, Menopause & Beyond," presented by Dr. Krista Rebo-Massara, Family Health Associates, OB/GYN Department.

**Break Out Session II: 11:30 – 12:15**

- "Building a Positive Mind for Heart Healthy Living," presented by Arvind Suthar, MD, FACC, FACP.
- "Exercise for Everyone," presented by Chris Lash & JoAnn McMinn, Certified Group Fitness Instructors with 30 years combined experience.

For more information contact:  
Brenda Funk, Lewistown Hospital  
(717) 242-7225