

Pathways to *SmartCare*



Healthy Women's Expo

Saturday & Sunday,
September 24-25, 2011

at the
David L. Lawrence Convention Center
in downtown Pittsburgh, PA

"Shift awareness to your breath... and just observe."

- Kristi Rogers, Breathe Yoga Studio

Many thanks to our sponsors:



UPMC HEALTH PLAN



"Drink at least four glasses a day! And if you have leftover water, use it to water a pet rather than throwing it down the drain."

- Sharky & Polar Bear of the Pittsburgh Zoo & PPG Aquarium

Welcome to the Pathways to SmartCare Healthy Women's Expo

The Healthy Women's Expo is an important opportunity for women of all ages to discover the health and wellness resources available in the Pittsburgh region. We have put together an exciting schedule of programs and exhibitors for you to experience. We encourage you to try something new with a friend, talk one-on-one with an expert speaker and leave our event ready to share your renewed energy. All of our exhibitors are here to help you discover the benefits of the products and services that you may have never known were at your fingertips.

"We all have a daily to-do list, make sure you're on it!"

- Pat Benkoski, BeautiControl



PATHWAYS TO
smartcare

Make Smart Choices

We provide tailored wellness programs for corporations,
school districts and senior resident facilities.

- ◆ Health Screenings
- ◆ Weight Loss Programs
- ◆ Fitness Demonstrations
- ◆ Lunch & Learns
- ◆ Health & Benefit Fairs
- ◆ Health Risk Assessments
- ◆ Local Food Nutrition Program
- ◆ SmartCare Sessions & Programs

Proud Creator of the Healthy Women's Expo!

412-563-8800 | PathwaysWellnessProgram.com

We make it easy to get outside!

Come along on our creative, fun and educational activities perfect for all ages and skill levels!

We offer beginner-friendly hiking, biking, kayaking, snowshoeing, cross country skiing and much more.



See a list of activities at ventureoutdoors.org!

Phone: 412.255.0564
Email: info@ventureoutdoors.org
[facebook.com/ventureoutdoors](https://www.facebook.com/ventureoutdoors)
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Saturday, September 24, 2011

■ Expo Hall

■ Hall C

■ Concourse C

■ Alcove C

■ The Bridge

All Day Events

- Breastfeeding Advocacy for Moms *from The Milk Truck*
- Blood Pressure & Self Breast Exam Info
from VA Pittsburgh Healthcare System, Heather Frantz
- Massage Therapy *by Chrysalis Massage Therapy, Dana Phillips*

10:30 am

- Fall Harvest: Quick and Easy Recipes using Seasonal Foods
Fabled Table, Lisa Ferguson
- Credit 101 *Coghill Investment Strategies, Carrie Coghill*
- How to get back into the Business World
Chatham University, Rebecca U. Harris
- 1 mile and 2 mile walks *Walk Leader, Cheryl Janusek*

11:30 am

- Cultured Foods with Live Demonstration
Rejuvenation, Cheryl Bagley, NTP, CHFS
- Mind Matters: Taming the Voice of Sabotage
Whole Health Resources, Deborah Barr
- Laughter will Transform Your Organization
Learning Never Ends, Julie Ann Sullivan
- Self Defense - Tai Chi *Rothbrock's Kung Fu, Ernest Rothbrock*

1:00 pm

- Plants not Pills: Proven Ways to Fight Cancer with the Food you Love
The Cancer Project, Leah Lizarondo Shannon
- The Mouth-Body Relationship: A Healthy Body starts with a Healthy Mouth
Voller Dentistry, Dr. Raymond J. Voller
- Yoga Workshop: Meeting Ourselves on Our Mat
BYS Yoga, Kristi S. Rogers, RYT
- 1 mile and 2 mile walks *Walk Leader, Cheryl Janusek*

2:30 pm

- An Energetic Approach to the Power of Holistic Health & Nutrition
Holistic and Raw, Mandi Babkes
- Caregiver at Work: Juggling Family & Work Responsibilities/the Cost of Caregiving
Jennifer Cares, Jennifer Antkowiak
- Create your Sacred Space – Learn how to Build & Walk a Labyrinth
Labyrinth Facilitator, Dorit Brauer

Dorit Brauer

Live your best life



Ancestral Strength & Systemic Solutions
Kabbalah & Guided Imagery

- ▶ Systemic Solutions Series starts Tuesday, October 11, 2011
- ▶ Unleash your Creative Genius, Saturday, October 29, 2011
- ▶ Open your Heart Course starts Tuesday, November 22, 2011
- ▶ Free Crystal Bowl Meditation Video at www.doritbrauer.com

Testimonial: "One session only, and I still feel the touch of my ancestors on my shoulders and their words of encouragement coming across the winds of time. I know that I belong and the endless searching is no longer necessary as I have found my place in the chain of love that moves across the generations."

Call Dorit Brauer at 412-489-5100

for a private Systemic Solutions & Ancestral Strength Consultation

"Choose products wisely, read ingredients, avoid fragrance & beware of greenwashing."

- Michelle Naccarati-Chapkis, Women for a Healthy Environment

AMERICAN
HEALTHCARE

Group, Inc.

Medicare 101 Talks

Medicare's open enrollment is October 15 -December 7 this year!
Get all of the facts from our Medicare benefits expert.

- ▶ Medicare basics
- ▶ Supplemental coverages
- ▶ Prescription drug
- ▶ Help for seniors with low income

Contact Erin Hart to learn more!

412-657-3028 or chart@american-healthcare.net

WE VALUE THE THINGS THAT MEAN THE MOST TO YOU.

Family. Health. Knowing your needs are being met. At UPMC Health Plan we believe that good health care includes broad access to the UPMC doctors and hospitals you need as well as the outstanding community hospitals and physicians in western Pennsylvania. You also have the tools and programs you need to live a healthy lifestyle. And a personal Health Care Concierge and online chat capabilities to answer all your questions. Our outstanding customer service has helped us earn the award for “Highest Member Satisfaction among Commercial Health Plans in Pennsylvania” in 2011 from J.D. Power and Associates.* Visit us at www.upmchealthplan.com.

UPMC HEALTH PLAN



* UPMC Health Plan received the highest numerical score among commercial health plans in Pennsylvania in the proprietary J.D. Power and Associates 2011 U.S. Member Health Insurance Plan StudySM. Study based on 33,039 total member responses, measuring 11 plans in the Pennsylvania-Delaware Region (excludes Medicare and Medicaid). Proprietary study results are based on experiences and perceptions of members surveyed December 2010-January 2011. Your experiences may vary. Visit jdpower.com.

Sunday, September 25, 2011

■ Expo Hall ■ Hall C ■ Concourse C ■ Alcove C ■ The Bridge

- Climbing Wall *Venture Outdoors*
- Zoo Mascots *Pittsburgh Zoo & Aquarium*
- Blood Pressure & Self Breast Exam Info *from VA Pittsburgh Healthcare System, Heather Frantz*
- Massage Therapy *by Chrysalis Massage Therapy, Dana Phillips*

10:30 am

- Healthy Bones for Life: Prevent and Reverse Osteoporosis *Physician's Committee for Responsible Medicine, Janet McKee*
- Medicare 101: Learn the Basics *American HealthCare Group, Erin Hart*
- Understanding Personalities: Yours and Theirs *You Bloom Wellness, Laura Crooks, RN*
- 1 mile and 2 mile walks *Walk Leader, Cheryl Janusek*

11:30 am

- Keeping yourself healthy by putting yourself on the list *BeautiControl, Patricia Benkoski*
- Women's Health Issues: from Routine Gyne Care, Preconception, Prenatal and Post-Partum Care *The Midwife Center for Birth & Women's Health, Priscilla Hagan, BSN, RN*
- Drums Alive Fitness Demo *Highmark Fitness Center/YMCA, Lauren Chanadet*
- Self Defense - Tai Chi *Rothbrock's Kung Fu, Ernest Rothbrock*

1:00 pm

- Top 10 Tips for Healthy Happiness *Transformedia, Nancy Mramor, PhD*
- Experts Offering Solutions To Hair loss *Adrienne's Hair Design, Adrienne Pack & Cindy Babish*
- Labyrinths, Ancestral Strength & the Heart of the Family Soul *Labyrinth Facilitator, Dorit Brauer*

2:30 pm

- Creating a Healthy Environment at Home *Women for a Healthy Environment, Michelle Naccarati-Chapkis*
- Why the Hub'Bub about Normal Feeding? Babies are born to breastfeed *Allegheny County Health Department, WIC Breastfeeding Program, Nellie R. Wiancko, MS, IBCLC, RLC*
- Mindless Eating *YMCA of Greater Pittsburgh, Linda May Conner*
- 1 mile and 2 mile walks *Walk Leader, Cheryl Janusek*

WE ♥ *Local*

Full-heartedly supporting local
on the farm,
at the market,
on the table and
everywhere in-between.

*It's only natural and
healthy for every woman! ♥*



TABLE
MAGAZINE

tablemagazine.com



Exhibitor List

5 Hour Energy | www.5hourenergy.com
AARP | 724-940-3316
Adrienne's Hair Designs | 412-922-4922
Aihu, Essentials for Healing | 724-799-8976
American HealthCare Group | 412-563-8800
American Laser Centers | 412-587-9000
Arbonne | 412-363-5599
BeautiControl | 412-384-7465
Become Beauty | 724-747-0075
Boresha | 724-971-4376
BYS Yoga | 412-481-9642

"Burdens of caregiving scream, blessings whisper. Listen for the blessings."
- Jennifer Antkowiak, Jennifer Cares & Caregiver at Work

Comfort Keepers | 412-787-0709
Community Life | 412-436-1338
Compression Management Services-The Lymphedema Centers | 412-682-6335
Cookie Lee Fashion Jewelry | 724-871-7312
Dove Chocolate Discoveries | 814-823-1566
Extra Impressions | 412-363-4367
Farm to Table | 412-563-7807
Gateway Rehab | 412-604-8900
Giant Eagle Gift Cards | 800-553-2324
Glam Earth Natural & Organic Beauty Boutique | 724-228-GLAM
Grace and Gratitude Wellness/It Work | 248-882-0118
Greater Philadelphia Falun Dafa Association | 412-320-3082
Group Against Smog & Pollution | 412-325-7382
Guardian Protection Services | 724-741-3500
Gutter Helmet Systems | 724-733-2800
Healthsouth Hospitals of Pittsburgh | 412-228-7115
Holistic Approach 4 Life | 412-221-0700
Ideal Wellness & Weight Loss | 412-956-6852
J & D Waterproofing | 724-746-8870
Jockey Person to Person | 302-598-3414
Juice Plus | 412-720-0294
LA Fitness | 412-224-1888
Learning Never Ends | 724-942-0486
Leslie Sansone's "Walk at Home" Walk Leaders | 412-469-1386
Lia Sophia Jewelry | 724-331-1448
Life Pittsurgh | 412-388-8050
Lifeline Centers for Sleep Disorders | 412-351-6545
Mary Kay | 724-452-1286
MedExpress Urgent Care | 304-216-0728
MicheBags | 724-242-0644
Nationwide Insurance | 724-327-1681

Exhibitor List

Newman Chiropractic | 412-418-2387
Orion Personal Care Home | 412-213-3500
Pampered Chef | 724-433-7755
PASA | 412-365-2985
Pittsburgh Adventure Boot Camp | 412-877-5277
Planned Parenthood of Western PA | 412-434-8957
Premier Design Jewelry | 724-339-3096
Pretzel Crazy | 412-526-1300
Pure Romance By Jessica | 724- 954-0379
Reliv | 724-400-4277
Renewal by Andersen | 724-519-4323
Right at Home | 724-473-8080
Rothrock's Kung Fu & Tai Chi | 412-381-6160
Sargent Electric | 412-391-0588
Scentsy | 412-341-1324
Shaklee | 412-487-0333
Silpada | 724-816.4129
Sleep Number by Select Comfort | 724-836-8554
Sunsweet Growers | 973-301-0772
TABLE Magazine | 412-362-1211
Tanger Outlet Center | 724-225-8435
Tastefully Simple | 412-269-7788
The Milk Truck | 310-614-4477
Thirty-One Gifts | 412.403.4510
Tomboy Tools | 866-279-8357
Traci Lynn Fashion Jewelry | 412-726-9136

“Desire and commitment are the two keys to success.”

- Rothrock's Kung Fu and Tai Chi Academy

Transformedia | 412-445-5352
Try Chips | 570-966-1655
Tupperware | 724-234-2821
Uncle Fester's Favorites | 412-334-4570
UPMC Centers for Rehab Services | 412-673-6660
UPMC Health Plan: WIC Sponsor | 866-778-6073
VA Pittsburgh Healthcare System | 412-365-5117
Vault Denim | 412-608-4178
Venture Outdoors | 412-255-0564
ViSalus - Body by Vi | 724-953-1414
Western Pennsylvania Guide to Good Health | 412-835-5796
White Smiles | 724-443-7733
WIC: Women, Infant & Children Food Program | 412-350-7238
Wigs N More | 724-532-1901
Women for a Healthy Environment | 412-420-2290
YMCA of Greater Pittsburgh | 412-227-3827
You Bloom Wellness | 412-596-9516

Eat Local Food!



Pittsburgh

HEALTHY EATING PROGRAMS

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