

DIRECTIONS TO GCIT

FROM CLAYTON & ROUTE 55

Take Exit 56B (Route 47 Delsea Drive North - Westville). At the light, turn left onto Bankbridge Road. At the next light turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.

FROM SWEDESBORO & MULLICA HILL

Take Route 322 east to light at Route 45 (Harrison House Diner). Turn left onto Route 45 north. About 1/2 mile, before a Heritage Store, turn right onto Breakneck Road (Route 626) to light at intersection of Barnsboro Inn. Proceed straight across to 2nd traffic light intersection (Route 553, Woodbury-Glassboro Road) between gas stations. Straight across for 1/4 mile to 1st left onto Tanyard Road. Cross next intersection and pass Gloucester County College entrance. GCIT entrance is at the bottom of the hill on the right.

FROM GIBBSTOWN

Take Intestate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury. Turn right at second traffic light onto Evergreen Ave. Travel two blocks and turn left at next light onto Barber Avenue which becomes Tanyard Road. Proceed about 2 miles, pass 3 traffic lights. The GCIT entrance is on the left at the bottom of the hill.

FROM ATLANTIC CITY EXPRESSWAY

Take the AC Expressway North to Route 42, follow to Deptford exit, Route 544. At the end of ramp, make left at light onto Clements Bridge Road. Proceed to fifth light, bear right onto Cooper Street. Continue 4/10 mile to next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue just under two miles to next light. Turn right, 1/2 block to traffic light. Turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill, just past the next traffic light.

FROM ROUTE 295

Stay on Route 295, then follow signs for Route 42 South (to Atlantic City) Take Route 55 South. Go to the second exit "56B" (Route 47 Delsea Drive North - Westville). At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.



Women's Health Summit 2017 "Choose A Healthy You!"

Presented by:
The Gloucester County Board
of Chosen Freeholders;
The Gloucester County Department of
Health & Human Services
and The WHS Collaborative

Saturday, September 23, 2017

8:00 am - 12:00 pm

**Gloucester County
Institute of Technology
1360 Tanyard Road
Sewell, NJ 08080**

Free

**Robert M. Damminger
Freeholder Director**

**Giuseppe (Joe) Chila
Deputy Freeholder Director**

**Jim Jefferson
Freeholder Liaison**

Women's Health Summit 2017

*Welcome to Gloucester County's Annual
Women's Health Summit!*

In this 17th year we are very proud to present a collection of fun and informative workshops to get you thinking about yourself and the health of your family. In addition to offering workshops on exercise, health and nutrition several workshops have been included that promote safety. We are certain you'll enjoy the day while gaining useful information, meeting helpful providers and finding interesting products for purchase from local businesses and vendors.

So join us and choose a healthy you!

*Robert Damminger
Freeholder Director*

*Giuseppe (Joe) Chila
Deputy Freeholder Director*

*Jim Jefferson
Freeholder Liaison*

WHS Collaborative Members

Gloucester County Department of
Health & Human Services

The Arc Gloucester

Famcare

Gloucester County Commission for Women

Inspira Health Network

Kennedy Health

YMCA of Gloucester County

Workshop Speakers Provided By:

County of Gloucester

The Arc Gloucester

Famcare

GCIT Culinary Arts Program

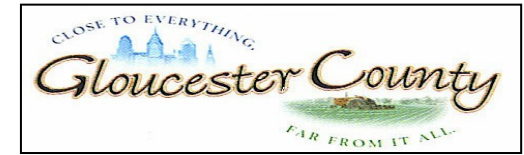
Inspira Health Network

Jazz in Motion

Kennedy Health

Shop Rite

YMCA of Gloucester County



**17th Annual Women's Health Summit
"Choose A Healthy You!"**

PLEASE PRINT

Name _____

Address _____

City _____ Zip _____

Phone _____

E-mail _____

	Workshop I 9:00am - 9:45am	Workshop II 11:00am - 11:45am
1st Choice		
2nd Choice		

To register as an attendee, mail to:

Women's Health Summit
Gloucester County Department
of Health & Human Services
204 E. Holly Ave.
Sewell, NJ 08080

Or call: (856) 218-4101

For exhibitor or sponsorship information contact:

Carla Kephart
856-218-4106
ckephart@co.gloucester.nj.us

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711



**17th Annual Gloucester County
Women's Health Summit**
"Choose A Healthy You!"

SUMMIT SCHEDULE

8:00 - 9:00	Registration
9:00 - 9:45	Workshop Session I
10:00 - 11:00	Door Prizes & Snacks in Cafeteria
11:00 - 11:45	Workshop Session II

Over 50 Provider/Exhibitor tables will be on site and available throughout the morning to offer:

- ◆ FREE health screenings such as: Blood Pressure, Foot Screenings, Cholesterol checks, and more!
- ◆ FREE Health information and links to providers with expertise on varying topics of interest.
- ◆ A variety of health related products, household items, skin care products, whole foods,
And so much more.....

Note: As in years past, all available health related materials, screenings and workshops are free of charge.

⇒ Local vendors will be on site to sell various items/products to those interested in making a purchase.

For additional information, please call:

(856) 218-4101

Or visit: www.gloucestercountynj.gov

WORKSHOP 1

9:00am-9:45am

1. Jazz In Motion

Jazz-In-Motion is a non-impact, dance based aerobics class that combines dancing, light weight training, mat conditioning and yoga style stretching; all choreographed to various music selections. The focus is on the overall body, emphasizing balance, core strength, cardio-conditioning and just plain fun fitness.

2. Medicare Updates

Learn about changes in Medicare. Review the Open Enrollment Process of Part D, and have a better understanding of preventive benefits. Receive information and resources regarding low income Medicare benefits and free Medicare Counseling.

3. Your Body, Nutrition and its Connection to Your Health!

Your food choices each day affect your health; how you feel today, tomorrow and in the future. Your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic disease and promote your overall health. This presentation will cover the myths vs. facts on healthy eating, the health related impact of diet fads, common medical conditions and the impact diets have upon overall health.

4. Line Dancing

This line dancing class will keep you moving with exciting dance steps all while listening to the sounds of great music. Line dancing is both fun and a great form of exercise. Be well, stay well and dance, dance, dance!

5. Responsible Drug Disposal

Learn ways to properly dispose of your unwanted or expired medications without contaminating our water supply. *Keep your family and your community save by understanding how to properly Account for, Secure, and Dispose of your medications.*

6. Sleep Disorders

This workshop will provide participants with information on improving awareness of various sleep disorders and how they impact overall health. Also discussed will be the symptoms of sleep disorders, obtaining a diagnosis, and treatment options to help achieve a good nights sleep.

WORKSHOP II

11:00am-11:45am

7. How to Start Couponing and Save Your Family Money

Couponing can be a great way to help your household save money. Learn where to find the coupons and the best sales, websites to guide you, navigating coupon policies and sale cycles, and most importantly...the power of having a stockpile!

8. "Healthfully Yours" Hawaiian Luau

Aloha! Swim on into The Arc Gloucester's mini tropical getaway where "health and wellness" is a priority! Interact with new friends and families as we create Tropical Fruit Smoothies together. Move those hips to the hula and join us as we learn to do the limbo!

9. I'm a CAREGIVER- Now What?

Family Caregivers occupy an important role in our nations long term services and support system. This workshop will focus on resources available through the GC Division of Senior Services that support caregivers of aging family members over the age of 60; those of any age with Alzheimer's disease and related disorders; and grandparents over the age of 55 that are raising grandchildren.

10. Tai Chi

This class includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements are slow and uninterrupted and are designed to provide a continual challenge by reversing the direction of the movements. Tai Chi can provide gained balance, strength, and flexibility.

11. Make It, Take It - Fall Decoration

Create a fall wreath made from colored coffee filters that can be hung on your door, or anywhere in the home to bring the beauty of fall indoors.

12. Dealing and Feeling: Stress Management From a Mind Body Perspective

This presentation provided by Inspira Health Network, will explore how our minds and bodies react to stress. Then participants will be lead through various stress management exercises that will help them to counter the effects of stress on our minds and bodies.

13. Soup Du Jour

Chef Marya Oberfrank will teach you the basics of making homemade soup. See how easy it is to make a nutritious and healthy batch of soup. No fancy tools needed, just a knife, cutting board and pot.