










Working Women's Wellness ~~9-5~~ 24/7

Women's Health Virginia 7th Annual Conference on Women's Health

Omni Charlottesville
Hotel

Friday, June 11, 2004

8:45 a.m. - 4:15 p.m.

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| 8:45-8:55 a.m. | Welcome and Introduction |  |
| 8:55-9:25 a.m. | Who Are Virginia's Working Women? Susan McIver , Chief Economist, Virginia Employment Commission | |
| 9:25-10:30 a.m. | Balancing Women's Worlds: Making Work-Life Choices Marsha Lindquist , M.B.A., author of <i>Why Are You Still Working Your A** Off?</i> Jodi Fuller , Director, Health and Benefits, America Online | |
| 10:30-10:45 a.m. | Break |  |
| 10:45 a.m.-12:50 p.m. | Close Up on Working Women's Wellness Physical & Mental Health Impacts of Work & Work Environments James A. Wesdock , M.D., M.P.H., Global Manager Occupational Health, Alcoa, Inc.; Associate Clinical Professor, Department of Preventive Medicine & Community Health, VCU School of Medicine Gwendolyn Puryear Keita , Ph.D., Director of the Women's Programs Office & Associate Executive Director of the Public Interest Directorate, American Psychological Association Public Policy, Law and Working Women's Well Being Gary W. Kendall , J.D., Partner, Michie Hamlett Lowry Rasmussen & Tweel, PC Deven McGraw , J.D., M.P.H., Policy Counsel, National Partnership for Women & Families |  |
| 12:50-2:00 p.m. | Lunch | |
| 2:00-3:45 p.m. | Making Work Work for Women Spotlight on Virginia Business Dawn Malone , Administrative Director, Work and Family Services, Bon Secours Richmond Health System Debbie Lucado , Vice-President, Premier Banking, Bank of America Claire Guthrie Gastañaga , President, CG ² Consulting Finding Her Way in the Working World: Mentoring, Support Networks and Personal Skills Tierney Temple Fairchild , Ph.D., Executive Director, Partnership for Leaders in Education, University of Virginia |   |
| 3:45-4:15 p.m. | Women's Work is Everybody's Business The Honorable Sandra D. Bowen , Secretary of Administration, Commonwealth of Virginia |   |

Stretching and exercise breaks will be interspersed throughout the day.

