

*Women's Health Virginia ~ 8th Annual Conference on Women's Health*

**Pathways to Women's Wellness:  
Integrating Conventional, Complementary & Alternative  
Approaches to Prevention & Treatment**

Friday, June 3, 2005, The Place in Innsbruck, Glen Allen, Virginia

Virginia women use varied means to maintain and treat their physical and mental health — **conventional or western medical methods; complementary or alternative modalities from other medical systems or traditions; and approaches that integrate both.**

The conference is designed to raise awareness of various modalities of complementary and alternative medicine (CAM), their use by women, research regarding their effectiveness, and ways in which these modalities are used or integrated with conventional medicine to maintain wellness and prevent and treat conditions that are significant for women.

8:00 - 8:45

8:45 - 8:55

8:55 - 9:25

9:25 - 9:35

9:35 - 10:35

10:35 - 10:55

10:55 - 11:55

12:00 - 1:00

1:00 - 2:10

2:15 - 3:15

3:15 - 3:25

3:25 - 4:15

**Coffee and Registration**

**Welcome and Introduction**

**Discovering the Pathways: Conventional, Complementary and Alternative**

Robert A. Nash, MD, FAAN, FAAPM, FACAM, Creative Medical Institute, Virginia Beach

**Experiencing CAM\***

**Close Looks at the Pathways (Round 1)**

Breakout sessions:

**Alternative Medical Systems**

Jody Forman, MSW, L.Ac., Charlottesville Healing Arts Center

George A. Guess, MD, DHI, Charlottesville

David Mathis, MD, FAAPF, D.Ac., ABHM, and Debbie Mathis, D.Ac.

Integrative Medicine of Northern Virginia, Leesburg

**Mind-Body Interventions**

Jo Lynne Robins, RN, PhD, ANP, CHTP, Integrating Wellness, Richmond

Sheila Egan, MEdC, Music Therapist, National Institutes of Health

**Biologically Based Therapies**

Baylor Rice, RPh, South River Compounding Pharmacy, Midlothian

Tina Shiver, MS, RD, CFM, Lighten Up Incorporated, Richmond

**Manipulative and Body-Based Methods**

Anna I. Madland, DC, Aleea Chiropractic Center, Mechanicsville

Pam Loutzenhiser, Director, Institute of Massage Therapies, Richmond

**Energy Therapies**

Ann Gill-Taylor, RN, EdD, FAAN, Norris Professor of Nursing, Center for the Study of Complementary & Alternative Therapies, UVA

Barbara H. Dunn, PhD, RN, CHTP, Private Practice in Healing Touch, Richmond

**Coffee Break**

**Close Looks at the Pathways (Round 2)**

Repeat of the earlier breakout sessions.

**Integrative Medicine: Using Multiple Paths to Wellness**

Gregory Gelburd, DO, Downtown Family Health Care, Charlottesville

David Mathis, MD, FAAPF, D.Ac., ABHM, Integrative Medicine of Northern Virginia, Leesburg

Jo Lynne Robins, RN, PhD, ANP, CHTP, Integrating Wellness, Richmond

**Luncheon, Conversation, and Experiencing CAM**

**Critical Issues in Women's Wellness and CAM Use**

Breakout sessions:

**Cardiovascular Disease and Stress Management**

Sherri Strickler, BSN, RN, Director, and Whitney Voorhees, MPH, RD

MBMI Cardiac Wellness Center, Bon Secours Richmond Health System

**Reproductive Health (Fertility, Menstrual Disorders, Menopause)**

Lisa M. Pastore, PhD, Assistant Professor of Research, Department of Obstetrics and Gynecology, UVA

Virginia Hunkin, MSOM, L.Ac., Research Fellow, Center for the Study of Complementary & Alternative Therapies, UVA

Elizabeth Mandel, MD, Associate Professor of Obstetrics and Gynecology, UVA

**Chronic Pain and Neuromuscular Disorders**

Cheryl Bourguignon, RN, PhD, Associate Professor, Center for the Study of Complementary & Alternative Therapies, UVA

Robert A. Nash, MD, FAAN, FAAPM, FACAM, Creative Medical Institute, Virginia Beach

**Cancer**

Carole Havrila, RD, UVA Cancer Center

Leslie Blackhall, MD, Associate Professor of Medicine, Director of Center for Palliative Care, UVA

**Mental Health**

Ellen Luksch, MS, LPC, Charlottesville Healing Arts Center

Baylor Rice, RPh, South River Compounding Pharmacy, Midlothian

**Experiencing CAM**

**Current and Future Pathways in CAM Research and Use**

Heather G. Miller, PhD, MFS, Senior Advisor for Women's Health, National Center for Complementary and Alternative Medicine, National Institutes of Health

\*Demonstrations and participatory activities such as relaxation techniques, guided imagery, yoga, NIA, music therapy, healing touch. Please dress comfortably to participate fully and enjoy the conference.

The registration fee includes luncheon, parking, materials and continuing education credits. For further information, e-mail [mail@womenshealthvirginia.org](mailto:mail@womenshealthvirginia.org) or call (434) 220-4300.