

De-Stress for Women's Wellness



FRIDAY, JUNE 14, 2013

University of Richmond
Jepson Alumni Center

Learn about the visible and hidden ways stress affects women's bodies, behaviors and long-term well being and what can be done to improve the outcomes.

8:00 – 8:45 a.m. REGISTRATION, COFFEE AND VISIT EXHIBITS

8:45 – 8:55 a.m. WELCOME AND INTRODUCTION

8:55 – 10:15 a.m. STRESS RESPONSES: BIOLOGY AND BEHAVIORS

Effects of stress on the body's systems and functioning; on behaviors including cognition, sleep, eating, substance use, and social relationships; and on longer term wellness

Lisa Goehler, PhD, Center for the Study of Complementary & Alternative Therapies, University of Virginia

Linda Doss Chrosniak, PhD, Psychology Department, George Mason University

10:15 – 10:40 a.m. BREAK AND VISIT EXHIBITS

10:40 a.m. – 12:00 p.m. CRITICAL LINKS TO DISEASE, HEALING AND AGING

Connections between stress and the development and progression of cardiovascular disease, diabetes, cancer, and autoimmune conditions; and healing and aging

Angela Taylor, MD, MS, Department of Medicine, University of Virginia Health System

DeLisa Fairweather, PhD, Department of Environmental Health Sciences,
Johns Hopkins Bloomberg School of Public Health

12:00 – 1:00 p.m. LUNCH

Talk with speakers and colleagues and visit exhibits

1:00 – 2:20 p.m. PERIODS, PREGNANCY AND PARENTING

Relationship of stress and menstruation, pregnancy, fertility and post-partum health; and impacts of maternal stress on children's health and development

Nicole W. Karjane, MD, Department of Obstetrics and Gynecology, VCU Medical Center

Gauri Gulati, MD, IBCLC, Children's Hospital of Richmond at VCU

2:20 – 3:35 p.m. RECOGNIZING AND DEALING WITH STRESS

Stress awareness; stress-management and mindfulness for stress reduction

Linda Baxter, PhD, RN, PMHNP/CNS-BC, ANP-BC, Commonwealth Counseling, Richmond

Kirk Warren Brown, PhD, Psychology Department, Virginia Commonwealth University

3:35 – 3:45 p.m. DE-STRESS TIME: YOGA BREAK

Dori Feldman, Yoga With a Smile, Charlottesville

3:45 – 5:00 p.m. WHEN SELF-MANAGEMENT ISN'T ENOUGH

Conventional and complementary medical therapeutic interventions

Kathleen M. O'Leary, MSW, Chief, Women's Program, National Institute of Mental Health

Victoria Menzies, PhD, RN, PMHCNS-BC, Department of Adult Health & Nursing Systems,
VCU School of Nursing