

# 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