

ORDER RECORDINGS OF WOMEN'S HEALTH VIRGINIA CONFERENCES & PROGRAMS (DVD and Audio CD)

Orders of DVDs and CDs from annual conferences include conference packets with presentations or outlines of talks and resource materials. Orders of DVDs from other programs include resource lists.

Can the Chains be Broken? Facing the Challenges of Genetic & Other Familial Health Risks

Session	Unit price	# CD	# DVD	# packets	TOTAL
Genetics and the Path to Women's Wellness; Links to Cardio & Diabetes	\$10			----	
Links to Cancers; Links from Menarche to Motherhood	\$10			----	
Links to Risky Behaviors—Diet, Exercise, Substance Use & Addiction	\$10			----	
Public Policy and Practicality: Testing & Counseling	\$10			----	
4 DISC SET OF THE FULL CONFERENCE	\$35			----	
TOTAL					

2013 Conference: *De-Stress for Women's Wellness*

Session	Unit price	# CD	# DVD	# packets	TOTAL
Stress Responses: Biology and Behaviors	\$8			----	
Critical Links to Disease, Healing and Aging	\$8			----	
Periods, Pregnancy and Parenting	\$8				
Recognizing and Dealing with Stress	\$8			----	
When Self-Management Isn't Enough	\$8			----	
5 DISC SET OF THE FULL CONFERENCE	\$35			----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

2012 Conference: *Getting Good ZZZs—Vital Links Between Sleep & Wellness*

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction and Sleep Health: A Problem and Opportunity	\$8			----	
Changing Needs and Rhythms Through Life Stages Pt 1 (Infant to Teen)	\$8			----	
Changing Needs and Rhythms Through Life Stage—Pt 2 (Adult Women)	\$8				
Connecting Sleep and Critical Health Issues	\$8			----	
To All a Good Night:-- Strategies for Getting Good ZZZs; Looking Ahead	\$8			----	
5 DISC SET OF THE FULL CONFERENCE	\$35			----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

2011 Conference: *Play or Peak Performance—Gains & Pains for Active Girls & Athletes*

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction and Getting Girls Going	\$8			----	
From Active to Athlete and Keynote by Michael Sokolove author of <i>Warrior Girls, Protecting Our Daughters Against the Injury Epidemic in Women's Sports.</i>	\$8			----	
Pains That Come With the Gains	\$8				
Reaching the Best Outcomes	\$8			----	
4 DISC SET OF THE FULL CONFERENCE	\$28			----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

