

ORDER RECORDINGS OF WOMEN'S HEALTH VIRGINIA CONFERENCES & PROGRAMS

(DVD and Audio CD, including conference packets with presentations or outlines of talks and resource materials)

2018 Conference

SHE'S GOT GUTS—THE MICROBIOME, FOOD & WOMEN'S WELLNESS

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction/ <i>New Frontiers of Understanding/The Women's Microbiome</i>	\$10	----		----	
<i>Microbiome, Obesity & Related Diseases/New Perspectives on Cancer</i>	\$10	----		----	
<i>The Gut-Brain Connection/She's Got Guts . . . & Gut Disorders</i>	\$10	----		----	
<i>The Aging Microbiome, Body & Mind/ Building a Healthier Microbiome</i>	\$10	----		----	
4 DVD DISC SET OF THE FULL CONFERENCE	\$35	----		----	
AUDIO CD (compressed file) FULL CONFERENCE	\$20		----	----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

2017 Conference

TWENTY YEARS ON THE ROAD TO WOMEN'S WELLNESS

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction/ <i>The Research Road/Widening Paths of Precision Medicine</i>	\$10	----		----	
<i>New Routes in Cancer Prevention, Diagnosis & Treatment</i>	\$10	----		----	
<i>Driving Against Autoimmune Disease</i>	\$10	----		----	
<i>The Landscape of Women's Addiction/Path to Healthy Aging</i>	\$10	----		----	
4 DVD DISC SET OF THE FULL CONFERENCE	\$35	----		----	
AUDIO CD (compressed file) FULL CONFERENCE	\$20		----		
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

2016 Conference

IT STARTS IN HER HEAD – The Brain's Crucial Connections to Women's Wellness

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction / <i>New Frontiers of Brain Research (M. Freund only) + Responses to Food & Drugs: Pathways to Addiction</i>	\$10	----		----	
<i>Pain in the Head & Mind: Migraines, Mood & More</i>	\$10	----		----	
<i>Trauma to the Brain & Mind</i>	\$10	----		----	
<i>The Aging Brain</i>	\$10	----		----	
4 DVD DISC SET OF THE FULL CONFERENCE	\$35	----		----	
AUDIO CD (compressed file) FULL CONFERENCE	\$20		----	----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

2015 Conference

WOMEN & FOOD: BEYOND BMI

Biologic, Emotional & Behavioral Issues & Impacts of What, Why, When Women Eat

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction / <i>What are American women eating? It starts in our genes</i>	\$10	----		----	
<i>Biological Cues</i>	\$10	----		----	
<i>Sensory & Emotional Cues</i>	\$10	----		----	
<i>Busy Women, Busy Lives/ Making Food a Positive Force for Health</i>	\$10	----		----	
4 DVD DISC SET OF THE FULL CONFERENCE	\$35	----		----	
AUDIO CD (compressed file) FULL CONFERENCE	\$20		----	----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

2014 Conference

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			----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
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 Ages and Life Stages—Part 1	\$8			----	
Changing Needs and Rhythms Through Ages and Life Stages—Pt 2	\$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					

2010 Conference

From TV to Twitter: Media's Links to Healthy & Risky Behaviors

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction and Media & Health: Challenging Times	\$8			----	
Early Childhood: Taking Lessons from the Cookie Monster	\$8			----	
Growing Girls: Magazines, Movies & More	\$8				
Twixt, Teens, Twenties: More Media Messages, Constantly Connected	\$8			----	
Straightening Out Media Messages	\$8			----	
5 DISC SET OF THE FULL CONFERENCE	\$35			----	
Printed Conference Packet without CD/DVD order	\$5	----	----		
TOTAL					

Recordings are also available of the 2008 AND 2009 conferences **Stepping Over the Lines Young Women's Risk-Taking, Time for Concern** and **Growing Girls Strong: Strategies for Building Life Skills & Preventing High Risk Behavior** and other programs on **HPV Vaccines** and **Teaching Kids to Thrive with Early Healthy Sexuality Education**. See www.womenshealthvirginia.org or e-mail info@womenshealthvirginia.org or call 434-220-4500 for information and to order.

Order Summary

Title	Price
2018 Conference: <i>SHE'S GOT GUTS—THE MICROBIOME, FOOD & WOMEN'S WELLNESS</i>	
2017 Conference: <i>TWENTY YEARS ON THE ROAD TO WOMEN'S WELLNESS</i>	
2016 Conference: <i>IT STARTS IN HER HEAD The Brain's Crucial Connections to Women's Wellness</i>	
2015 Conference: <i>WOMEN & FOOD: Beyond BMI</i>	
2014 Conference: <i>CAN THE CHAINS BE BROKEN? Facing the Challenges of Genetic & Other Familial Health Risks</i>	
2013 Conference: <i>DE-STRESS FOR WOMEN'S WELLNESS</i>	
2012 Conference: <i>GETTING GOOD ZZZs—Vital Links Between Sleep & Wellness</i>	
2011 Conference: <i>PLAY OR PEAK PERFORMANCE—Gains & Pains for Active Girls & Athletes</i>	
2010 Conference: <i>FROM TV TO TWITTER: Media's Links to Healthy & Risky Behaviors</i>	
Sub-total	
Tax (5.3%)	
Shipping (1-2 discs \$3; 3-9 discs \$6.75; 10 or more \$12)	
TOTAL	

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