

# 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.

## 2016 Conference: IT STARTS IN HER HEAD *The Brain's Crucial Connections to Women's Wellness*

Session	Unit price	# CD	# DVD	# packets	TOTAL
Introduction / New Frontiers of Brain Research (M. Freund only) + Responses to Food & Drugs: Pathways to Addiction	\$10	----		----	
Pain in the Head & Mind: Migraines, Mood & More	\$10	----		----	
Trauma to the Brain & Mind	\$10	----			
The Aging Brain	\$10	----		----	
4 DVD DISC SET OF THE FULL CONFERENCE	\$35	----		----	
AUDIO CD (compressed file) FULL CONFERENCE	\$20		----	----	
<b>TOTAL</b>					

## 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 / What are American women eating? It starts in our genes	\$10	----		----	
Biological Cues	\$10	----		----	
Sensory & Emotional Cues	\$10	----			
Busy Women, Busy Lives/ Making Food a Positive Force for Health	\$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	----	----		
<b>TOTAL</b>					

## 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	----	----		
<b>TOTAL</b>					

## 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	----	----		
<b>TOTAL</b>					

## 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					

### Other Programs

Program	Unit price	# DVD	TOTAL
The HPV Vaccines: Making an informed Decision	\$8		
Talking About HPV Vaccines: Helping Parents & Patients Make Informed Decisions (webinar)	\$8		
Teaching Kids to Thrive with Early Healthy Sexuality Education	\$8		
TOTAL			

Recordings are also available of the 2008-2011 conferences *Stepping Over the Lines Young Women's Risk-Taking, Time for Concern; Growing Girls Strong: Strategies for Building Life Skills & Preventing High Risk Behavior; From TV to Twitter: Media's Links to Healthy & Risky Behaviors; and Play or Peak Performance—Gains & Pains for Active Girls & Athletes*. See [www.womenshealthvirginia.org](http://www.womenshealthvirginia.org) for order form or e-mail [info@womenshealthvirginia.org](mailto:info@womenshealthvirginia.org) or call 434-220-4500 and we will take your order.

### Order Summary

Title	Price
2016 Conference: <i>IT STARTS IN HER HEAD The Brain's Crucial Connections to Women's Wellness</i>	
2015 Conference: <i>Women &amp; Food: Beyond BMI</i>	
2014 Conference: <i>Can the Chains be Broken? Facing the Challenges of Genetic &amp; 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 &amp; Wellness</i>	
<i>The HPV Vaccines: Making an informed Decision</i>	
<i>Talking About HPV Vaccines: Helping Parents &amp; Patients Make Informed Decisions</i>	
<i>Teaching Kids to Thrive with Early Healthy Sexuality Education</i>	
<b>Sub-total</b>	
Tax (5.3%)	
Shipping (1-2 discs \$3; 3-9 discs \$5.50; 10 or more \$12)	
TOTAL	

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Please make checks payable to Women's Health Virginia. If you are not ordering today, send order to: Women's Health Virginia, 1924 Arlington Boulevard, Ste. 203, Charlottesville, VA 22903. Materials can also be ordered with credit card payment at [www.womenshealthvirginia.org/pages/education.htm](http://www.womenshealthvirginia.org/pages/education.htm) or by phone at 434-220-4500.