

"Women, Work, & Wellness" coming to AU

10/05/00

The sixth annual Women, Work, & Wellness conference is scheduled for Monday, Oct. 16, at Powell Campus Center on the Alfred University campus. The all-day conference (8 a.m. to 4 p.m.) is presented by Upstate Health Partners, consisting of Jones Memorial Hospital in Wellsville, St. James Mercy Hospital in Hornell, and Strong Health of Rochester. The event is financed in part by the Bethesda Foundation of Hornell. The keynote speaker is Sidney Hurlbert, a nationally known motivational speaker and seminar leader. "What to say and how to say it," the all-morning keynote session, "will help you improve morale, promote teamwork, enhance creativity, accept change, and keep your balance during stressful situations," according to the conference brochure. Registration fee of \$45 includes lunch and materials. The registration deadline is Monday (Oct. 9) or as soon as possible thereafter. To register, call Julie Hart at St. James Mercy Hospital, (607) 324-8146; or send a check, made out to St. James Mercy Health, to Karen Hogan, 411 Canisteo St., Hornell, NY 14843. After lunch, the conference will be broken into two 75-minute sessions, one at 1:15 p.m. and one at 2:45 p.m. During both sessions, conference-goers may choose from seminars on relaxation techniques, menopause, strategic dieting, and telephone skills.#####