

'Women, Work, & Wellness' to Take Place Oct. 18 at Alfred University

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Alfred, NY -- The fifth annual conference on women's health, "Women, Work, & Wellness," is planned for Monday (Oct. 18) in the Powell Campus Center on the Alfred University campus. The conference for and about women, open to anyone interested, is presented by Upstate Health Partners, a collaborative effort of Jones Memorial Hospital in Wellsville, St. James Mercy Health in Hornell, and Strong Health in Rochester. "Working women face unique challenges every day," say the organizers. "Gain new insight and skills from a panel of experts on everything from coping with stress to organizing your life and taking care of your health -- and enjoy a bit of humor along the way." Some of the humor will come from the keynote speaker, Karyn Buxman, whose talk is scheduled from 9 to 11:30 a.m. "Buxman is a nationally recognized speaker who takes a humorous look at self-talk and self-esteem," said Karen Hogan, one of the organizers. "Her topic is 'Is the noise in my head bothering you?'" The conference runs from 9 a.m. to 4 p.m., with registration to start at 8:30 and a lunch break from 11:45 a.m. to 1:15 p.m. The afternoon session will feature eight small-group presentations; participants will have to choose one. For information, including a list of the afternoon topics, call Karen Hogan or Julie Hart at 607 324-8146 or Angela Rossington, 607 587-8310. A \$40 registration fee includes lunch, refreshments, and all materials.