



Knowledge is power.

Balance
is everything.

Did you know that there are safe, natural alternatives to traditional hormone replacement therapy? You can learn about the latest advances in women's health at the Women in Balance Educational Conference. We've gathered nationally-recognized experts on menopause, bioidentical hormones and natural alternatives who can give you the power to find balance in your life.

Conference space is limited.
Make your reservation today at
womeninbalance.org.

Your \$50 registration fee includes:

- Educational seminar
- Breakfast with the experts
- Women's health CD
- Workbook with tips and tools
- Gift bag of natural products

**2010 WOMEN IN BALANCE
EDUCATIONAL CONFERENCE**

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generous support of:

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ABOUT WOMEN IN BALANCE

Women in Balance (WIB) is a national, non-profit association of women, as well as doctors, other health care professionals and organizations dedicated to helping women achieve hormone balance. We founded WIB to educate women and the health care community about hormone imbalance, and its impact on a woman's health and well-being as she ages. We are the only non-profit organization that is focused on addressing these issues for women, without bias or affiliation.



women in balance

PO Box 12004
Overland Park, KS 66282
www.womeninbalance.org

**Do you have hot
flashes? Insomnia?
Mood swings?**

You can achieve
hormone balance. Naturally.

Learn how from leading
experts on women's health.

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TOPICS

Hormone Balance 101

How your body really works

Hormone Balance: Deep Dive
Testing methods, treatment options,
bioidentical vs. synthetic hormones

**Hormone Balance:
Your Life –Your Control**

Lifestyle approaches, finding support,
creating your plan, herbs and nutrients



women in balance

non-profit advocacy for
women's hormone health

2010 WOMEN IN BALANCE EDUCATIONAL CONFERENCE

DATE & LOCATION

Overland Park, KS

Saturday April 24, 2010

Overland Park Sheraton
6100 College Blvd.
Overland Park, KS 66211

Conference fee is \$50.

Make your reservation today at
womeninbalance.org.

CONFERENCE AGENDA

8:30 – 9:00am	Registration and check-in
9:00 – 9:15am	Conference kickoff
9:15 – 10:00am	Hormone Balance 101
10:00 – 10:45am	Hormone Balance: Deep Dive
10:45 – 11:25am	Healthy breakfast buffet <i>Opportunity to network with speakers and sponsors</i>
11:25am – 12:10pm	Hormone Balance: Your Life - Your Control
12:10 – 12:30pm	Ask the Experts

CONFERENCE SPEAKERS



Jane Murray, MD

Dr. Murray is a family physician with a strong interest in women's health, especially a woman's journey through the menopause transition. As Medical Director of the Sastun Center of Integrative Health Care in Overland Park, Kansas, she takes a holistic approach to patient issues, creating an individualized plan for each patient. She serves as Medical Editor for the FP Audio Continuing Medical Education (CME) program of the American Academy of Family Physicians and is a Clinical Professor of Family & Community Medicine at the University of Missouri - Kansas City.



Deb Soholt, RN, MS

Deb Soholt is a registered nurse with more than twenty years of business and clinical leadership experience in advancing new care models for women's health, with a focus on midlife health issues. As the Director of Women's Health for Avera McKennan Hospital in Sioux Falls, South Dakota, Ms. Soholt led the development of a next-generation, primary care clinic for women in hormonal transition. She is also President for the South Dakota Board of Nursing and co-host of *House Calls*, a weekly health information radio show.



Kenna Stephenson, MD, FAAFP

Dr. Stephenson currently serves as an Associate Professor of Family Medicine, University of Texas Health Sciences Center at Tyler, Texas. She is a published author on topics that include women's health, preventive medicine, cardiovascular pharmacology, and the bio/psycho/social/spiritual model of patient care. She has served as a physician consultant for Paramount Pictures, and appears weekly on KYTX-TV's *Eye on Health*. She's a radio host and author of *Awakening Athena*, an inspirational and practical guide to creating health for women.



OUR ORGANIZATION

Women in Balance was founded as a national non-profit in January 2004. Our mission: to be a trusted health resource for women who are experiencing the natural hormonal transitions of perimenopause and menopause. We strongly believe that hormone balance is essential to a woman's overall health and well-being, greatly impacting her longevity and quality of life. Our web presence includes health resources, the latest news on women's health, research articles and a provider locator search engine—all to help women on their journey to wellness.

In 2009 we launched our national health conference series. These conferences speak directly to our mission, allowing us to share our message of optimal health and hormone balance with women across the country. Not only do we have the opportunity to educate women and provide useful information and resources—we hear directly from women about what they want to know, which helps us expand our website and educational offerings.