EMBRACING OUR CHANGES
Promoting Health for Women of Color from Midlife and Beyond
Friday, March 21, 2014
8:30 a.m. – 4:00 p.m.
KELLOGG HOTEL & CONFERENCE CENTER
LINCOLN ROOM
Michigan State University
East Lansing, Michigan

Morning
8:30 – 9:00 a.m.  Continental Breakfast
9:00 – 9:15 a.m.  Welcome
9:15 – 10:00 a.m.  Keynote Speaker
Vivian Pinn, M.D.
Former Director (Retired)
Office of Research on Women's Health
National Institutes of Health

10:00 – 10:15 a.m.  Transition to Breakout Workshops

Breakout Workshops

WORKSHOP A: Room 101
- Cardiovascular/Diabetes/Obesity
  - Dr. Joni Summit
    Thoracic & Cardiovascular Institute
    Cardiovascular Disease
  - Dr. Barbara Fretwell
    Capital Internal Medicine Associates
    Chronic Illnesses

WORKSHOP B: Heritage Room
- Mental Health/Substance Use
  - Priscilla Wade, PhD
    Licensed Psychologist
    Depression Anxiety
  - Pilar Horner, PhD
    Michigan State University
    Substance Abuse

WORKSHOP C: Room 103A/B
- Transition to Mid-life and After/Health
  - Carmelita Samuel, LMSW, ACSW
    The Power of “NO”
  - Larmenda A. Davis, LMSW, OSW-C
    Caring for the Caregiver
**WORKSHOP D: Room 104A/B**

- **Cancer**
  - Victoria Raymond, MS, CGC
    University of Michigan
    *Genetics and Cancer*
  - Mitzi Cardona
    American Cancer Society, Southfield, MI
    *Cancer Health Disparities*

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**Afternoon**

12:00 Noon

LUNCH

12:30 – 1:15 p.m.

Luncheon Keynote Speaker

*Lula Beatty, Ph.D.*

Senior Director of Health Disparities

American Psychological Association

1:30 – 2:45 p.m.

**Community Voices Panel**

- Yvonne Lewis: “Healthy Outlook after Cancer”
- Dr. Khalida Zaki: “Social and Culture Barriers to Health Care Utilization Among Muslim Immigrants”

2:45 – 3:00 p.m.

Break

3:00 – 3:45 p.m.

Fiscal Health

*Gail Perry-Mason*

AARP Volunteer

First Vice President, Oppenheimer & Co.

3:45 – 4:00 p.m.

Closing Remarks