

Insider
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Cedar Falls Edition
By Kim Burger

Many of you may be aware of a Covenant Foundation – Wheaton Franciscan Healthcare initiative known as Speaking of Women’s Health. The project is coordinated by Kristin Schaefer from the Covenant Foundation Office and will be celebrating its fifth year in the Cedar Valley this fall. It’s actually a traveling conference that covers the nation with over 50 locations and ours is the only event of its kind in the state of Iowa. The Cedar Valley is, in fact, the smallest community to host the event and ours sells out faster than any other conference on the circuit. If you haven’t attended it’s simply something you must do.

Speaking of Women’s Health’s mission is to “educate women to make informed decisions about health, well-being and personal safety for themselves and their families”. It takes place on Friday, October 17th at the Five Sullivan Brothers Convention Center and includes breakfast, national and local speakers, health screenings, a fabulous luncheon, interactive sponsor exhibits, and a gift bag to die for! The bag alone is well worth the \$30 investment for your ticket, but the education you’ll receive is priceless. Women tend to be so busy caring for everyone and everything else, we seldom take adequate time to address our own needs. I remember attending one of the first events and learning women spend more time caring for the family dog than themselves! Registration won’t begin until July, but be sure to watch for it and get in early because it does sell out and it happens quickly.

In the meantime, a unique and exciting companion event is about to take place here in Cedar Falls at the Gallagher-Bluedorn Performing Arts Center next Tuesday, May 13th from 7-9pm. It’s designed for mothers and daughters and is called Growing Together Connecting for Life. As the name implies, it engages mothers or other adult women of influence and their daughters in dialogue about their health, well-being and personal safety. Professionally delivered presentations will explore a variety of topics and emphasize real beauty - the kind that comes from within and is ageless.

What an opportunity! A \$25 ticket per pairing (that’s a mom or caring adult female and a tween girl, age 8-12) provides passage to presentations about attitude, power choices and caring for self by Heather Woody; nuts and bolts nutritional advice, like how to properly read food labels by Mary Steffensmeier; tips to motivate and achieve the most benefit from exercise for young, growing bodies by Sheri Purdy and Timi Brown; and a keynote address by nationally known speaker Dr. Marjorie R. Jenkins about important women’s health issues.

Mother/daughter relationships are one of life’s most precious gifts. Imagine the memories you and your daughter could make together during these important tween years. If you haven’t purchased your tickets, you can still do so if you act quickly. Visit www.covhealth.com to print a registration form and mail it today.