

**United Spinal Association
&
Independence Care System
Present...**

***"From Within"
A Discussion about
Self-Esteem, Self-Awareness & Self-Empowerment
For
Women with Disabilities***

***Saturday, May 22, 2010
PROGRAM***

**10am -10:30am
Registration / Exhibitors**

**10:30am -10:45am
Welcome & Opening Remarks**
Marilyn Saviola, Independence Care System (ICS)
Wendy Crawford, Women Without Limits - United Spinal Association

**10:45am-12:00pm
"Self-Esteem, Self-Awareness, Self-Empowerment"**
Wendy Crawford, Founder - mobileWomen.org
Bobbi Linn, Author - "*Ode to a Diet Coke*"

Our program opens with a frank and open discussion that will both inspire and enlighten you. Ms. Crawford will open the discussion with a look at "***The Raw Beauty Project,***" a national tour that focuses on the true and natural beauty of women living with disabilities, and how it relates to self-esteem and self-empowerment.

Ms. Linn will discuss her personal journey of self-empowerment and self-awareness as she reflects on the many challenges and obstacles that she has faced and her inspirational story of triumph and success.

12:00pm - 12:30pm
"From Within" Award Presentation
2010 Recipient
Susan G. Komen Foundation (NYC)
For Their Efforts to Improve the Lives, Health and Well-Being
of Women Living with Disabilities

12:30pm-1:30pm
LUNCH

1:30pm-2:30pm
WORKSHOP SESSION I
(Please choose the workshop that you wish to attend)

"The Outside Counts: The Magic of Make-Up" - ROOM A

Presenter(s): The Body Shop

While we've all heard the saying "it's the inside that counts," outer beauty plays an important role in how we may feel about ourselves as well as how we may appear to others. The Body Shop, renowned for their position on natural beauty products, will provide a demonstration about make-up, its proper application and some practical tips on looking beautiful on the outside.

"Access to Healthcare" - ROOM B

Presenter(s): Kelly McAnnany, Esq.; Disability Law Center - New York Lawyers for the Public Interest

Understanding and navigating through today's health care system can be both cumbersome and confusing. Becoming an advocate for your health care and rights is crucial. But, where do you start? This session will explore today's health care system with information and resources about community advocates, while providing practical tips on how to become a self-advocate when it comes to your care.

"Parenthood 101" - ROOM C

Presenters: Katinka Neuhof; Leslie Heller

Often described (at least by Oprah), as the hardest job that one could possibly have, parenting is both rewarding, yet at times challenging. How do you handle these challenges with a disability? This session will explore parenting with a disability. This session will explore parenting and provide practical tips to make it fun (keep smiling!) for both you and your child.

"Let's Get Physical"- ROOM D

Presenter: Millie Miraglia, Consultant - Fitness, Yoga and Stress Management

Staying fit and active is important to maintaining a sense of self-esteem and empowerment. Learning to understand the physical dynamics of what you and your body can do is both self-fulfilling and gratifying. This workshop session will explore the

importance of staying fit and provide examples of exercises that you can do to improve your health and sense of well-being.

2:30pm- 3:00pm
BREAK

3:00pm- 4:00pm
WORKSHOP SESSION II

(Please choose the workshop that you wish to attend)

"Save the Ta-Ta's"- ROOM A

Presenter: Carole A. Baraldi, RN, MS; Private practice Public Health Nurse Educator

Understanding the importance of proper breast health care is crucial to the well-being of women, especially women with disabilities, where accessible medical equipment and services are often few and far between. This session will provide information on breast health and provide you with the relevant tools to empower and enlighten you to become your own breast health care advocate.

"No Excuse for Abuse" - ROOM C

Presenter: Denise Baker, LMSW - Social Worker; Barrier Free Living, Inc's Non-Residential Domestic Violence Program

Domestic violence against women with disabilities is far too often overlooked or even worse, not reported at all. The numbers are staggering, yet, everyday, 100's of women with disabilities are victims of abuse, sometimes in their own homes and sometimes at the hands of a caregiver. This workshop will explore this sensitive subject matter and provide information on how to recognize and report abuse whether it's against you or someone you know and love.

"Love & Marriage: Dating & Relationships" - ROOM D

Presenter: Katinka Neuhof

"Love & Marriage. Love & Marriage. Go together like a horse & carriage." We've heard that song before and while the jury is still out on whether or not this is true, relationships can run the gamut of emotions and feelings. This session will explore the issue of relationships, from finding that 'special someone' to holding onto the one that you have, or knowing when to let go.

4:30pm

Closing Remarks - Marilyn Saviola, Independence Care System

Thank you for joining us.
See You Next Year!

*Independence Care System
And
United Spinal Association's Women Without Limits*

**"FROM WITHIN"
SURVEY**

We hope that you enjoyed today's program and that you will continue to be a part of this discussion to enhance the lives of women living with a disability.

*Now, we want to hear from you.
Please take a few minutes to let us know what you think and how we can improve today's program.*

1. Which of the following topics would you like to see addressed in future "From Within" conferences (*circle all that apply*)

Sexuality & Relationships

Health Care

Employment

Housing

Parenting

Fitness / Recreation / Nutrition

Other _____

2. If you could add one thing to today's program, what would it be?

3. Other thoughts, opinions, suggestions