

10<sup>th</sup> Anniversary



**M. Sisters**  
Network<sup>®</sup> Inc

*Annual African American Breast Cancer Conference*

A DAY OF WELLNESS

Friday, April 3, 2009

CELEBRATING SURVIVORSHIP

Saturday & Sunday, April 4-5, 2009

*Intercontinental Hotel* ∞ *Houston, Texas*

Conference Underwritten by: The Kroger Company



*Goals:*

- ♦ To ignite the passion for “Total Wellness” and incorporate the philosophies of the past with today’s leading-edge technologies we are able to provide optimum support to the body’s natural healing process
- ♦ To provide a broader scope of knowledge that addresses the breast cancer survivorship crisis affecting the African American woman.

# AGENDA

## Chair

*Lisa A Newman, MD, MPH, FACS*  
Director Breast Care Center  
University of Michigan

## Conference Co-Chairs

*Karen E. Jackson*  
Founder & CEO  
Sisters Network® Inc.

*Laereen Lyght*  
President  
Sisters Network Houston Affiliate

## Pre-Conference

*Thursday, April 2, 2009*

6:00 AM – 10:00 PM	HEALTH CLUB	FULL AMENITIES DAILY
8:00 AM – 9:00 PM	SWIMMING POOL ( <i>OUTDOOR</i> )	5th FLOOR
10:00 AM – 7:00 PM	HOSPITALITY SUITE HOUSTON AFFILIATE CHAPTER	SUITE 205
12:00 PM - 4:00 PM	CONFERENCE REGISTRATION	DIRECTORS ROOM 1ST FL
6:30 PM - 9:00 PM	SISTERS NETWORK INC. BOARD OF DIRECTORS ANNUAL DINNER MEETING	CHAMPIONS IV

# A Day of Wellness



## Friday, April 3, 2009

6:00 AM - 10:00 PM  
7:00 AM - 8:00 PM  
8:30 AM - 12:00 PM  
10:00 AM - 7:00 PM  
10:00 AM - 7:00 PM

HEALTH CLUB  
SWIMMING POOL  
REGISTRATION  
HOSPITALITY SUITE  
Houston Affiliate Chapter  
EXHIBIT OPENS

FULL AMENITIES DAILY  
5th FLOOR  
DIRECTORS ROOM 1ST FL  
SUITE 205

FOUNDERS ROOM

9:30AM - 11:00 AM

## GENERAL SESSION I

DISCOVERY CENTER A&B



*"You Are Your Top Priority"* Tina Lifford brings spiritual health and personal development Life Tools™ to corporations, organizations and women's groups.

### Tina Lifford

Founder and Director  
Waking Up Fabulous™

11:00 AM - 12:00 PM

**GENERAL SESSION II**

DISCOVERY CENTER A&B

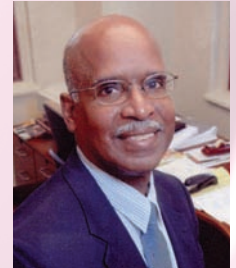


**Love Your Heart:** A Holistic Approach on How To Care for your Heart and Cardiovascular System. Emphasis on your role in Hypertension Prevention, and Cardiovascular disease.

**Jon-Cecil Walkes, M.D.**  
Cardiothoracic and Vascular Surgery

**Why Your Risk of Obesity/Diabetes Is Important!** Combating obesity/diabetes by integrating key life style changes. The risk of developing diabetes and its complications decline when you eat a balanced healthy diet high in fruits and vegetables and low in saturated fats.

**Joseph C. Dunbar M.D**  
Associate Vice President for Research  
at Wayne State University



12:00 PM - 12:15 PM

Break/Exhibit/Vendor/Free Screening

FOUNDERS ROOM

12:15 PM - 1:45 PM

*GlaxoSmithKline*  
*A Day of Wellness Luncheon*

LEGENDS BALLROOM

Keynote Speaker  
**Cynthia M. A. Butler-McIntyre**  
24th National President of Delta Sigma Theta Sorority, Inc.



**Aetna's Efforts to Address Breast Health and Ethnic Disparities**  
**Eileen Yozallinas, R.N.**, Manager of Women's Health Programs for Aetna

1:45 PM - 2:00 PM

Break/Exhibit/Vendor/Free Screening

FOUNDERS ROOM

2:00 PM - 3:00 PM

**GENERAL SESSION III**

DISCOVERY CENTER A&B



**"A Woman's Anatomy Let Her Speak"**  
Lifestyle changes through your food choices is explored. How to use foods and supplements to feed your body what it needs.

**Alice Freeman, CNHP, CNC**  
Nutritional Counselor & Book Author of "Recipes to Remember"

3:00 PM - 4:00 PM

## GENERAL SESSION IV

DISCOVERY CENTER A&B



**Advancement in Cosmetic Surgery:** If you're considering reconstructive or cosmetic surgery in Houston, take the time to meet Dr. Camille Cash. Dr. Cash is also a member of the Board of Directors for Sisters Network Inc. You can appreciate the deep sense of satisfaction she derives from working with her patients. Dr. Cash's attention to detail, emphasis on safety and investment in state-of-the-art techniques.

### Camille Cash, M.D.

Certified by both American Board of Surgery and the American Board of Plastic Surgery

3:00 PM - 4:00 PM

## WORKSHOP

CHAMPIONS ROOM VII  
Second Floor

**Fabulous YOU!** This workshop with Fabulous You expert Tina Lifford will help you redefine yourself and your life as fabulous and meaningful from the inside out. You were not born to suffer. It's time to turn everything in your past into personal power and step into the purpose for which you were born.

### Tina Lifford

Founder and Director  
Waking Up Fabulous™



4:00 PM - 4:30 PM

Break/Exhibit/Vendor/Free Screening

FOUNDERS ROOM

4:30 PM - 5:30 PM

## GENERAL SESSION V

DISCOVERY CENTER A&B



**Reshape and Revitalize your Body:** Frustrated with your fitness or routine? Savor and celebrate your fitness by focusing on small victories to reach your desired goal! Attitude and persistence will fuel your motivation. Fitness Redefined with a 30 minute demonstration including materials with questions answered.

### Yvette Goree-Harris

Certified Personal Trainer, Lifestyle Coach and Motivational Speaker  
Specializes in women's health and fitness - cardio, strength training and body sculpting.

**Prevention of Obesity through Healthy Lifestyle Changes:** Missing meals and living on low-calorie foods is not beneficial to the body. Eliminating harmful toxins and chemicals while weaving in healthy nutrition and exercise regimen will produce results physically and emotionally. As a benefit of cleaning up our bodies with healthy lifestyle changes, **we'll shed extra pounds.**

### Oscar Hines

Wellness Director Family Access Plan



4:30 PM - 5:30 PM

**WORKSHOP**

CHAMPIONS ROOM VII

*Second Floor*

**Maximizing Patient Advocacy:** Empowering yourself to turn a health care denial of services from a "No" to a "Yes"



**Patricia M. Carroll**

Former Director of HMO Complaints Texas Department of Insurance and Director of Grievance/Appeals for a major health plan and patient advocate.

5:30 PM - 7:00PM

Break/Exhibit/Vendor/Free Screening

FOUNDERS ROOM

# A Day of Wellness

*Sponsored by:*



# CELEBRATING SURVIVORSHIP

*Saturday, April 4, 2009*

7:00 AM – 7:45 AM	CONTINENTAL BREAKFAST	FOUNDERS ROOM
7:00 AM – 12:30 PM	REGISTRATION	DIRECTORS ROOM 1ST FL
7:00 AM – 7:00 PM	EXHIBIT OPENS	FOUNDERS ROOM
7:45 AM – 8:00 AM	WELCOME	DISCOVERY CENTER A&B
8:00 AM – 9:00 AM	<b>GENERAL SESSION I</b> <i>Metastatic Breast Cancer</i>  <b>Lisa A. Newman, M.D., MPH, FACS</b> Director, Breast Care Center Division of Surgical Oncology University of Michigan	DISCOVERY CENTER A&B
9:00 AM – 10:00 AM	<b>GENERAL SESSION II</b>  Strategies for Health after Breast Cancer: A Survivorship Guide for African American Women. <b>Kim Nesbitt, MA</b> Health Co-Ordinator <b>Peggy D. Nicholson</b> President Sisters Network Baltimore.	DISCOVERY CENTER A&B
10:00 AM – 10:15 AM	Break/Exhibit /Vendor/Free Screening	FOUNDERS ROOM
10:15 AM – 11:15AM	<b>GENERAL SESSION III</b> New Hormone & Chemotherapy Treatment For Early Breast Cancer <b>Julie Gralow, M.D.</b> Director, Breast Medical Oncology University of Washington Seattle Cancer Care Alliance	DISCOVERY CENTER A&B
11:15 AM – 12:15 PM	<b>GENERAL SESSION IV</b> Are All Breast Cancers the Same? The Story Behind The Triple Negative Cancers <b>C Kent Osborne M.D.</b>	DISCOVERY CENTER A&B
12:15PM – 12:30PM	Break/Exhibit/Vendor/Free Screening	FOUNDERS ROOM

12:30 PM – 2:30 PM

*Tenth Anniversary*  
*The Kroger Company Signature Awards Luncheon*

LEGENDS BALLROOM

INVOCATION

**Pastor Byron Stevenson**  
The Fort Bend Church

AWARDS PRESENTATION

**Karen E. Jackson, Presenter**  
**Lisa A. Newman, M.D.**

OUTSTANDING AFFILIATE CHAPTER AWARD

**Sisters Network Central New Jersey**  
**Sisters Network Central Virginia**

CHAMPION for SURVIVORSHIP AWARD

**Gary Huddleston**  
Director of Consumer Affairs  
The Kroger Company

EXEMPLARY SERVICE GUILD AWARD

**Norma West Green**  
Sisters Network National Guild President

Luncheon Co Chairs

**The Honorable Judge Clarease Rankin Yates,**  
**Elise V. Wilkinson, ESQ,**

2:30 PM – 3:00 PM

Break/Exhibit /Vendor/Free Screening

FOUNDERS ROOM

3:00 PM – 4:00 PM

**GENERAL SESSION V**

What is the Status of Breast Health Disparities in America?

**Lovell A. Jones, Ph.D.**  
Center for Research on Minority Health  
The University of Texas M.D. Anderson Cancer Center

DISCOVERY CENTER A&B

*\* The University of Texas MD Anderson Cancer Center is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity meets Type One criteria for mandatory continuing education requirements toward re-licensure as established by the Board of Nurse Examiners for the State of Texas.*



3:00 PM - 4:00 PM

**WORKSHOP**

“Lymphedema & You”

**Maggie Williams**

Physical Therapist CLT -LANA

CHAMPIONS VI & VII

4:00PM - 7:00 PM

Break/Exhibit /Vendor/Free Screening

FOUNDERS ROOM

*Sunday, April 5, 2009*

8:00 AM - 11:30 AM

*AstraZeneca Pharmaceuticals  
Gospel Prayer Breakfast*

INVOCATION

BREAKFAST

SISTERS NETWORK CHOIR

“Singing Survivors Choir”

SURVIVOR STORY

GOSPEL MESSAGE

**Minister Mia Wright**

Fountain of Praise Church

REMEMBRANCE CELEBRATION CEREMONY

BENEDICTION & CLOSING

**CELEBRATING SURVIVORSHIP**

*Sponsored by:*

