

*Barbara Giordano*

Foundation, Inc.



# Invitation to: Women Veterans

The Barbara Giordano Foundation Invites You to  
our 1st Annual Health and Wellness Summit

**Sunday, May 20, 2018**  
**10:00 a.m. – 4:30 p.m.**



**A Beautiful Venue!**  
**C.V. Rich Mansion**  
**305 Ridgeway**  
**White Plains, NY 10605**

**Spots limited, No Fee to Attend**  
**You must be registered to attend**

Go to [www.GiordanoFoundation.org](http://www.GiordanoFoundation.org) to register today!

For additional information, email [Cathleen.BGFoundation@gmail.com](mailto:Cathleen.BGFoundation@gmail.com) or call 914-686-8002.  
We look forward to spending the day with you.

**AGENDA ON BACK!**

**Call for more information**  
**(914) 686-8002**

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## Health and Wellness Summit Agenda

9:30 **Arrival**

10:00 **Welcome**

10:15 **Keynote Speaker** – **Strength in Persistence: How Tenacity can be an Asset**  
Charlene Marx RN, APP, Integrative Medicine Manager, [Clear Path for Veterans](#)

11:00 **Morning Break**

11:15 **Workshop Breakout Groups**

*Charlene Marx* – Polarity Therapy for PTSD, MST, anxiety, lecture, demonstration

*Kayleen Spicer* – The Courage to be Sane, a guided journaling workshop to help boost your bravery in the everyday

*Sharon Bailey* – Buckle Your Seat Belt: Brace Yourself for the Next Transition

12:30 **Lunch**

1:30 – 3:15 **Open time for connection** – sign up for wellness sessions, meditations, healing modalities

1:30 – 2:15 **Peer Group meetings** - *Peer Support small group meetings*

2:30 **Workshop Breakout Groups** (two will be repeated from the AM session)

*Charlene Marx* – Polarity Therapy for PTSD, MST, anxiety, lecture, demonstration

*Sharon Bailey* – Buckle Your Seat Belt: Brace Yourself for the Next Transition

3:15 **Afternoon Break**

3:30 **Recap of Day** - Wellness and self-care as a woman and as a woman veteran.

4:00 **Closing Remarks** – Foundation Chair Virginia Giordano

4:30pm **End of Event**

**Women Veteran Speakers and Workshop Leaders**

A day to connect, learn, share stories  
and sample wellness offerings