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Woman to Woman '09 set for April 28SUSAN THACKER sthacker@gbtribune.com

"Happiness and Health in the 21st Century" is the theme for the Woman to Woman 2009 conference, set for April 28 at the St. Rose Auditorium and Parish Center, 1422 Baker Ave., Great Bend.

Tickets for the event, which runs from 5:30 to 9 p.m., are on sale now for \$3, said Janel Rose at the Barton County Health Department. Admission at the door will be \$5, if available. "We're strongly encouraging pre-registration," Rose said, noting seating is limited and past Woman to Woman conferences have sold out. The event is held every other year.

"We are having two great speakers, educational booths, refreshments and giveaway goodies more than worth the price of admission," Rose said. "This is a great time to get together with girlfriends, your sisters, mom, cousins, or your FCS, sorority, club group for a wonderful evening ... and, yes, guys are always welcome too!"

This year's keynote speakers are Becky Tuttle, health promotion coordinator at the Sedgwick County Health Department, and Sharolyn Jackson, Family and Consumer Science (FCS) agent from the Northeast Area division of KSU Research & Extension. Together, their programs will encompass topics of intentional change for better health.

"We want people to start taking care of themselves," Rose said. "We are going 'green' (one sponsor is giving away reusable shopping bags) and encouraging everyone to eat more fruits and veggies at the same time."

Tuttle's topic is "Transformation: From Fluff to Fit." "She has a personal story to tell," Rose said. After making lifestyle changes, Tuttle lost more than 50 pounds, and now she challenges other women to improve their health as well.

Jackson's topic is "Intentional Harmony: Balancing Work & Life."

Registration forms are available at the Health Department, Barton County Extension Office, Heartland Cancer Center, Clara Barton Hospital, Ellinwood District Hospital and Central Kansas Medical Center. For more information contact Rose at the Health Department, 620-793-1902, e-mail health@bartoncounty.org, or Karen Sessler at ElderCare, 792-5942.

Registration and booths will open at 5:30 p.m. Light refreshments will be served at 6:30, when Rose will give a PowerPoint presentation on how the Wii video game Dance Dance Revolution is being used in an after-school exercise program at Park and Riley elementary schools.

Tuttle and Jackson will speak from 6:45 to 8:45 p.m., and the event will wrap up with drawings for

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door prizes provided by all of the sponsors.

The program is a not-for-profit project of the Woman to Woman Board volunteers and agencies, the Central Kansas Chronic Disease Risk Reduction Program and Barton County Health Department, with support from the Kansas Health Foundation.

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