

Diana Jordan Healthcare Humorist



Female comedian Diana Jordan appeared on "Oprah" for the first time, Oprah Winfrey selected Diana as "one of the funniest people on the planet" along with Jerry Seinfeld, Robin Williams and Bill Cosby, and later again commented, "Diana is a star of tomorrow!" Jordan has also been nominated by the American Comedy Awards as one of the Top Five Female Comedians in the country.

Diana has featured in the HBO special "Women of the Night" that spotlighted 5 top female comedians and also has two feature film roles to her credit including a performance in "Jerry McGuire" with Tom Cruise and co-starring in the independent film "Loretta's Surprise."

Diana will share her topic on "The Healing Power of Laughter! Managing Stress Through Laughter!"

Alice Andrew Salon Full Service Salon



Shayna Adams, a Jefferson County resident for most of her life, is a partner in one of the newest salons in the area, the Alice Andrew Salon, located on outer Coffeen Street near UPS. Shayna graduated from Cazenovia College and worked in sales for a few years before going back to school to get her cosmetology license, and has been working in the hairdressing field for over five years. She's very proud of her new business. The building was completely renovated with brand new equipment, the environment is clean and bright, and the staff is experienced and friendly. Alice Andrew is a full service salon offering hair care, natural and acrylic nails, pedicures, facials, body wraps, massage and full body waxing. **Sherry Gilbert** is a licensed cosmetologist with the salon with over 20 years of experience. Along with hair, Sherry also does facials. The facials she performs are customized to the needs of each client. She focuses on the health of the mind and the body. She is also certified in fitness and nutrition. **Nicole Davis** is a licensed massage therapist. She has over five years experience. She offers a variety of massages including: aromatherapy, deep tissue and hot stone. In addition to massage, she also does body wraps and facials. Alice Andrew Salon is committed to making their customers feel comfortable and welcome during their visits.

Michelle Graham Wellness Director, YMCA



Michelle works for the Downtown YMCA as their Wellness Director. She presently is the Coordinator for the Diabetes Prevention Program. Michelle is involved in the North Country Community Cup and other area Wellness Events. She has a Masters Degree from Syracuse University in Exercise Physiology and is certified through the American College of Sports Medicine as a Health and Fitness Specialist.

Michelle has 20 years of experience in the health and fitness industry.

*We build strong kids, strong families,
strong communities.*

Cynthia Simpson FNP-C, River Hospital



A native of Alexandria Bay, Cynthia Simpson has demonstrated loyalty and leadership in a variety of ways, including her service in the United States Army Reserves for 12 years. She held a position on the original Board of Directors for the Habitat for Humanity for the Thousand Island Region, on which she served multiple years. She has served as the Health Officer for the Town of Alexandria.

Ms. Simpson was critical in the start-up of River Hospital and served on the originating board for the institution, then known as "Concerned Citizen's for EJ Noble Hospital", and now serves as the President of River Hospital's Medical Staff Committee. Today that passion continues in the enthusiasm she displays in the numerous speaking engagements in which she has participated for various organizations, with her compensation in the form of knowing she is educating and offering invaluable services to the community. Because of her ardor, Cynthia has selflessly contributed countless hours in Breast Cancer and Prostate Cancer Awareness events and screenings. She has a remarkable ability to deliver health services with tenderness and compassion while talking to patients at their individual levels of understanding. She is highly respected by patients not only in the office setting, but also while she is seen throughout the community.

REGISTRATION

Name: _____

Agency: _____

Address: _____

Phone: _____

E-Mail Address: _____

\$35 per person

Please RSVP by
Friday, September 24, 2010

to Sandy Hazen

755-2500 or by e-mail sandy@nnyrhca.org.

Checks can be made payable to:
Northern New York Rural Health Care Alliance

Mail registration form and payment to:

800 Starbuck Ave, Suite A-5
Watertown, NY 13601

Vendors include: A New Attitude Spa & Salon, Alice Andrew Salon, American Heart Association, AVON, Cancer Screening Program of Lewis & Jefferson Counties, Carthage Area Hospital, Lewis County General Hospital, Marcy Spa & Salon, Planned Parenthood of Northern New York, River Hospital, Samaritan Medical Center, YMCA, Zumba and more.

Hourly door prizes will be drawn!

www.nnyrhca.org

Funding provided by a grant from the Charles D. Cook Office of Rural Health.

AGENDA

8:30 - 9 a.m.	Registration/Visit Vendors
9 a.m. - 9:15 a.m.	Welcome
9:15 a.m. - 10:15 a.m.	Diana Jordan The Healing Power of Laughter! Managing Stress Through Laughter!
10:15 a.m. - 10:30 a.m.	Visit Vendor Booths
10:30 a.m. - 11:30 a.m.	Michelle Graham YMCA Wellness Director Managing Stress Through Exercise
11:30 a.m. - 1 p.m.	Visit Vendor Booths/Lunch
1 p.m. - 2 p.m.	Alice Andrew Salon Pampering & Taking Time For Yourself (Relaxing Techniques)
2 p.m. - 3 p.m.	Cynthia Simpson, FN-P River Hospital Dealing with Stress Management & Nutrition
3 p.m. - 3:30 p.m.	Closing Remarks/Evaluations

Hope you will join us for a fun-filled, relaxing day!

Sponsored by:



Lewis County ★
★ General Hospital



Women's Day 2010

"Ways to Manage Stress"

Friday, October 8, 2010

Ramada Inn, Watertown

8:30 a.m. - 3:30 p.m.

