

Women's health conference GLOWs

By [Lu Ann Franklin - Times Correspondent](#) nwitimes.com | Posted: Friday, May 28, 2010



John J. Watkins John J. Watkins JOHN J. WATKINS / THE TIMES Speaking of Women's Health conference keynote speaker Dr. Terri Kennedy discusses her program, the Principals of PWR Eating, at the Radisson Hotel in Merrillville.

MERRILLVILLE | The energy of more than 1,000 women (and dozens of men) filled the Radisson Hotel and Star Plaza Theatre during Thursday's Speaking of Women's Health conference hosted by Lakeshore Public Television and The Lakeshore Public Radio.

The conference theme, GLOW - Generations Living Out Wellness, was visible everywhere from the glo-stick necklaces worn by the 85 volunteers to the giant glowing exercise-style balls on the Star Plaza stage during morning and afternoon keynote speeches.

Tickets for this ninth annual women's health conference sold out within hours of being posted on the Lakeshore Public Television website in March, said Megan Ciszewski, director of marketing and special events with Lakeshore.

This sales method was a big improvement over previous years, said three-time conference attendee Barbara Todd, of South Holland.

"Last year, we stood in line at the TV station. It looked like waiting for tickets at a ball game. There were people there with lawn chairs and blankets, but it was March and cold," Todd said.

The ticket price of \$36.95 included breakfast served by Fair Oaks Farm and lunch sponsored by the Sisters of St. Francis Health Services, an event sponsor, as well as health screenings and informational breakout sessions. Among other sponsors were U.S. Steel, The Times Media Company, Novartis, the Radisson, the Star Plaza Theatre and Clever Crazes for Kids.

As guests registered in the hotel's atrium, massage therapists were on hand to help them relax. Manicurists also offered nail and toe polishing.

Each registered attendee received a goody bag filled with gifts, samples and special offers. All the conference rooms and even the Radisson hallways were filled with vendors providing information and services. Health screenings included those for diabetes, blood pressure and peripheral artery disease. Other vendors provided materials on bone health, balance, vision, skin cancer and sleep apnea.

Those tests brought mother and daughter, Sue Suarez, of Cedar Lake, and Lori Suarez, of Lowell, to the conference. Lori Suarez's employer, Medical Management in Munster, selected eight employees in a drawing to attend the conference and bring along a guest.

"I'm especially interested in the PAD testing, bone health and heart healthy tests," Sue Suarez said. "I'm looking for any tips on health care that can change the way I eat or don't take care of myself."

In addition, guests could choose three breakout sessions to attend during the day, such as Intro to Belly Dancing, Zumba Gold, Reversing Your Internal Age and Not Your Mother's Hysterectomy.

Keynote speaker Dr. Terri Kennedy discussed her program, PWR – Purpose With Results, as part of a "new perspective on food (because) diets don't work."

With obesity at an all-time national high, Kennedy said the following tips can help people eat for healthier living: eat a variety of foods especially whole food locally grown in season; don't eat two or three hours before going to sleep; don't drink liquids when you eat and be sure you're not using a platter as a plate.

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