



Breakout Sessions
April 20, 2013
Hershey Lodge and Convention Center
Hershey, PA

The *Seasons of Health* breakout sessions are intended to be forums where individuals can learn more about the designated topics, they can ask questions directly to the experts, and will walk away knowing more about how to improve their lifestyle.

There are two sets of breakout sessions the morning of *Seasons of Health* (8:00-9:00 a.m. and 9:15-10:15 a.m.). Guests are invited to sign up for one option during each time slot, or to opt out of the breakout sessions, and instead visit the ongoing Penn State Hershey health fair and the indulgent aromatherapy room brought to us by the *Spa at the Hotel Hershey* (Wild Rose A & B)

Breakout #1 (8:00-9:00 a.m.) (Sessions A, B, C)

A

Financial Health through Knowledge and Decision Making

Presenter: Jim Heile, Vice President, Consumer Lending

Members 1st Federal Credit Union

Room: Magnolia A

Learn about your own financial health through personal budgeting and decisions

B

Meditation – The Mind-Body Connection

Presenter: Dan Coma, RYT

Penn State Hershey University Fitness Center

Room: Magnolia B

In this session participants will experience some fun and effective meditation techniques that give a sense of calm, alertness, and confident energy.

The stress of modern life can leave us feeling anxious, depressed, and without a sense of control, and it has a huge impact on many illnesses. Scientific research is discovering how the ancient practice of meditation relieves the harmful effects of stress and can help people deal with many of the symptoms of their medical conditions. We'll briefly

discuss some of the latest research, and then move beyond talk to reap the benefits of meditation.

Dan Coma, RYT, teaches Kundalini Yoga and Meditation at Penn State Hershey's University Fitness Center, including group classes for everyone and private sessions for people with health conditions, as a compliment to their medical treatment. He is a Registered Yoga Teacher with the Yoga Alliance and Certified Yoga Teacher through the Kundalini Research Institute.

C

Cooking for your Whole Self (First Session)

Presenter: Chef Scott Anthony and Liz Reid, M.S., R.D., L.D.N.

Penn State Milton S. Hershey Medical Center

Room: Magnolia C/D

Join us for a demonstration and learn some helpful hints on healthy cooking for your whole self and your entire family!

Breakout #2 (9:15-10:15 a.m.) (Sessions D, E, F)

D

Cosmetic Surgery - Cosmetic Fillers: Are they right for you?

Presenter: John D. Pototchny, M.D., Penn State Hershey Cosmetic Surgery

Penn State Milton S. Hershey Medical Center

Room: Magnolia A

Description: Interested in learning more about the products and procedures to rid yourself of wrinkles? Learn more about achieving smooth skin with restored volume and hydration, with the help of fillers. Get all your questions answered directly by Penn State Hershey experts!

E

Health and Wellness Experts Panel

Panel to include representatives from Penn State Milton S. Hershey Medical Center

Penn State Hershey Medical Center

Room: Magnolia B

Do you have a question about your own health or the wellness of a friend or family member? Several Penn State Hershey experts will respond directly to questions posed by audience members. Specialties represented on the panel include neurosurgery, gastroenterology, family and community medicine, and women's health.

F

Cooking for your Whole Self (Second Session)

Presenter: Chef Scott Anthony and Liz Reid, M.S., R.D., L.D.N.

Penn State Milton S. Hershey Medical Center

Room: Magnolia C/D

Join us for a demonstration and learn some helpful hints on healthy cooking for your whole self and your entire family!