

# Program

**9:00 am**                      **Registration**  
**Healthy Breakfast**

**9:30 am**                      **Welcome**  
*Jennifer Waxler, DO, FACOEP, FACEP*

**9:45 am**                      **Balancing Your Life**  
*Sherri Goldstein, LCSW*  
*Are your needs being met? Can you juggle it all and be happy? Skill building for a better you.*

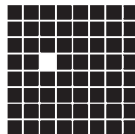
**10:30 am**                      **Taking Care of Your Life**  
*Delores J. Williams, MD*  
*What should you be looking for as you approach menopause? What body changes should you expect? What can you do?*

**11:15 am**                      **De-Stressing Your Life**  
*Susan Weinstein, RN, BS, FACCE, C.Ht., HNC*  
*An exploration of alternative therapies and relaxation techniques.*

**12:00 noon**                      **Spa Luncheon**  
**Re-energizing Your Life**  
*Nancy Holecek, RN*  
*Practical advice about ways to get a new lease on your life.*

**1:15 pm**                      **Adjournment**

NEW JERSEY CHAPTER  
AMERICAN COLLEGE OF  
EMERGENCY PHYSICIANS  
308 West State Street • Trenton, New Jersey 08618



**You are ...**

**A wife**  
**A mother**  
**A daughter**  
**A sister**  
**A partner**  
**A physician**  
**A professional**  
**A community leader**  
**A volunteer**

**You are all things to all people.**  
**You spend your life taking care**  
**of others.**  
**Who takes care of you?**

**Join us to**  
**Renew...Re-energize....Revitalize**

## Women's Wellness Conference

**Wednesday, August 27, 2003**  
**Molly Pitcher Inn**  
**Red Bank, NJ**

**Hosted by the**  
**American College of Emergency Physicians,**  
**New Jersey Chapter**

## Statement of Need

Women are expressing exhaustion and frustration due to increasing demands placed on them. The pressure of being asked to do it all is taking its toll. The Women's Wellness Conference addresses ways to cope with balancing profession, family, volunteer leadership, etc.

## Target Audience

This program is designed specifically for women professionals in the health care field (physicians, nurses, nurse managers, administrators).

## Program Objectives

Upon completion of this Conference, you should be able to:

- Identify warning signs and symptoms of imbalance
- Learn ways to prevent becoming overwhelmed
- Gain powerful techniques for time management
- Know how to enlist the help of others to improve yourself and your relationships
- Understand the mind/body connection as it pertains to stress
- Learn one or two relaxation techniques designed to reduce stress
- Be familiar with signs of menopause and what can be done to help get through it
- Know how to re-energize your career and personal life

## CME Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of ACEP and NJ-ACEP. The American College of Emergency Physicians is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American College of Emergency Physicians designates this educational activity for a maximum of (TBD) Category I credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that she actually spent in the educational activity. Pending approval by the American College of Emergency Physicians for 3 hours of ACEP Category I credit.

## CEU Accreditation

Monmouth Medical Center is an approved provider of continuing education for nurses, provider number P91-10/2004-2004, by the New Jersey State Nurses Association. The New Jersey State Nurses Association is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. Accreditation refers to recognition of continuing nursing education activities only and does not imply Commission on Accreditation, or NJSNA approval or endorsement of any product.

## Disclosure

It is the policy of the American College of Emergency Physicians to ensure balance, independence, objectivity, and scientific rigor in all its sponsored educational programs. All faculty participating in sponsored programs by ACEP and NJ-ACEP are expected to disclose to the program audience any associated or apparent conflict(s) of interest related to the content of their presentation(s).

# REGISTRATION

**NOTE: Space is limited – please register soon.**

(Please print or type)

**FIRST NAME** \_\_\_\_\_ **LAST NAME** \_\_\_\_\_ **DEGREE** \_\_\_\_\_

**AFFILIATION** \_\_\_\_\_

**MAILING ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP CODE** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_ **FAX NUMBER** \_\_\_\_\_

**\*\*\*IMPORTANT\*\*\* EMAIL ADDRESS** \_\_\_\_\_

Please make **\$120.00** payable to **NJ-ACEP**  
and mail to: **308 W. State Street**  
**Trenton, NJ 08618**

Or you may pay by credit card

VISA     MASTER CARD

and fax to (609) 392-2664

or register via Internet at [www.njacep.org](http://www.njacep.org)

Name on Card \_\_\_\_\_

Card Acct No. \_\_\_\_\_

Signature \_\_\_\_\_

Expiration Date \_\_\_\_\_

**You will receive an e-mail confirmation of your payment and registration, and directions to the event.**

## GUEST FACULTY

### Sherri Goldstein, LCSW

Sherri Goldstein is a licensed clinical social worker in private practice in Lawrenceville, NJ, with over 15 years of experience. She holds both undergraduate and graduate degrees from Rutgers University with additional focus on administration and planning. Sherri previously worked in a hospital setting interacting with both patients and medical personnel on a multitude of life cycle events. Following September 11, she was called upon by a Fortune 500 company to provide crisis intervention and ongoing group sessions. Currently, she counsels those plagued by depression and anxiety as they attempt to cope with the stresses of everyday life. Although she would like to say she is immune, Sherri must also work to find a balance in her life. She is married and has two daughters, ages seven and nine.

### Nancy Holecek, RN

Nancy Holecek is the Senior Vice President for Patient Care Services for the Saint Barnabas Health Care System and in this position is responsible for all nursing and related patient care activities at the nine acute care hospitals within the company's system. Nancy serves as co-chair of the systemwide Emergency Services Leadership Council and Domestic Preparedness Committee, and is also a member of the NJ Disaster Preparedness Health Care Infrastructure Advisory Committee. Nancy has devoted her career to advancing the profession of nursing. Her support at the staff level has led to her high credibility and admiration with nurses throughout the system who know her to be fair, especially when it comes to tough decision-making. Her innovative models of nursing care have been recognized among her profession and serve as an example for other health care systems. She has promoted the value of education for nurses as it relates to patient care, patient satisfaction, nursing recruitment and retention, and utilizes the resources available to her to the fullest to achieve these goals.

### Susan J. Weinstein, RN, BS, FACCE, C.Ht., HNC

Sue Weinstein is Director of Women's Health Education at Saint Barnabas Medical Center. She is responsible for the development and implementation of educational programs targeted for the surrounding communities' female population. Susan's work includes directing over 30 prenatal and new family health educators, and she herself practices as a women's health nurse educator and holistic nurse health counselor. Susan is certified in holistic nursing, stress management, hypnosis counseling, and is trained in mind/body nursing through the Harvard-based Mind/Body Institute. Her field of expertise includes stress management, psychological preparation for surgery and perimenopause and menopause counseling. Susan lectures extensively on a variety of women's health issues and has authored numerous articles published in both professional and consumer magazines. Over the years, she has received professional awards for her work and is known as an expert in the field of women's health. She is married and has two sons.

### Delores J. Williams, MD

Delores Williams, MD is a Board Certified OB/Gyn private practitioner since 1989. Prior to OB/Gyn residency, she spent four years as a homemaker / part-time family practice MD. Much of the office practice is spent counseling peri and menopause women, and she gives lectures locally to medical personnel and the public on issues surrounding menopause.

*Nourish your spirit.*

*Head into the Fall with a Spring in your step....  
a renewed interest in your career and yourself.*