

SAVE the DATE!

Littleton Regional Healthcare's 28th Annual North Country

Women's Health Conference

SUNDAY & MONDAY • MAY 12-13, 2019

OMNI Mount Washington Resort

Presidential Conference Center & Spa
ROUTE 302, BRETTON WOODS, NEW HAMPSHIRE

We have many exciting things in store for the 2019 Conference!

Same great location—
The OMNI Mount Washington Resort
Presidential Conference Center & Spa!

Spend the night and enjoy a fun-filled evening!
We have some terrific activities and events planned.
Sunday, May 12, 2019 4-7 pm (optional)

A sampling of speakers and topics includes:

- **Back by popular demand! Jana Stanfield**—Humorist, songwriter, and educator. Jana combines laughter, wisdom, and her million-selling songs into an interactive experience that generates fun and positive action.
- **Coach Yourself:** Could you use a life coach, but feel you can't afford one? Learn some of the secrets life coaches use with their clients to help yourself design the life you deserve.
- **Herbal Medicine** – Learn about ways simple herbs can improve your health
- **Stay Dry and Strengthen Your Pelvic Floor**
- **Pretty Feet** – Care and repair your toenails
- **Opioid Addiction and Women**
- **Osteoarthritis:** Taking good care of your joints throughout your life cycle

PREREGISTER NOW TO RESERVE YOUR SEAT!

E-MAIL: geninfo@lrhcares.org, or call (603) 444-9355

Interested in being a **VENDOR**? Call (603) 444-9304

**Retune, Recalibrate,
and Optimize Your
Optimism**

WITH
KEYNOTE
SPEAKER

**JANA
STANFIELD**



CONFERENCE PARTNER!

The North Country Health Consortium/
Northern New Hampshire Area Health
Education Center is collaborating with
Littleton Regional Healthcare to offer
continuing education credit for nurses.
Look for Continuing Nurse Education
(CNE) information in the conference
brochure!



NCH
north country healthcare

**Littleton Regional
Healthcare**

603.444.9000 / 800.464.7731 / littletonhealthcare.org