

Optimal Health for the 21st Century Woman

21st Century living is often described as fast and stressful. Women as professionals and mothers need expertise in multi-tasking. They need resource information at their finger tips to make wise decisions. Class presentation and discussion will provide information to address issues like maintaining mother's health, nutrients of concern, digestive disturbances, insulin resistance as PCOS or metabolic syndrome, and health and nutrition during all stages of life. Curriculum includes learning to make good decisions, being a good home economizer and managing a family, including arranging meals together and including family worship and spiritual growth.

Lenore S. Hodges, PhD, RD, CSO, LD
Terri L. McEndree, MD, FACOG

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Friday, February 5, 2010

No	Title	Who	Subject Matter
1L	Introduction and Objectives	Lenore	Global Objectives: Body, Mind, Spirit; Putting it all together
1T	A Life Lesson of Grace and Faith	Terri	My Story My Song Right choices lead to success Do not be afraid to make adjustments and changes
2L	Making the Right Choice	Lenore	Choice – 1 st of The CREATION Model, Using Decision Making Techniques

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Sabbath, February 6, 2010

	Title	Who	Subject Matter
3L	Ministry of the Home	Lenore	Your place in the home and jobs such as teacher, counselor, comforter, wife, mother, grandmother
3L	Family Togetherness on the Sabbath	Lenore	Bringing the Family Together: Family Sabbath
4T	Teen Health Issues	Terri	Decisions, consequences, advice, and becoming a woman
5T	Metabolic Syndrome and Insulin Resistance	Terri	The new disease of Metabolic Syndrome, causes and medication
5L	Weight Management and Metabolic Syndrome	Lenore	Weight management, metabolic syndrome, insulin resistance, and diet management

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Sunday, February 7, 2010

	Title	Who	Subject Matter
6T	Menace of Menopause	Terri	Smooth Transition
7T	Osteoporosis, the Silent Scourge	Terri	Osteoporosis and Osteopenia Medical issues; why be concerned?
7L	Strengthen from Inside	Lenore	Foods of Concern – Calcium Sources and absorption
8L	Versatile Vitamin D	Lenore	History, current theories, suggested cellular actions, OTC sources
8T	Versatile Vitamin D	Terri	Prescriptions available, advantages, toxicity

9T	Digestive System	Terri	Medical Care What conditions Constipation Best OTC medicine
9L	Digestive System	Lenore	Food and nutrition; high fiber and soluble fiber; probiotics
10L	Balanced on a Budget	Lenore	Food and shopping; 20 ways to reduce shopping budget
10T	The Impact of Medical Care on a Budget	Terri	Medical care: take care of self and family because it is better for body and the budget
11L	Summary, Important Concepts	Lenore	Important Concepts from this Seminar to share with church members