

**FREE!**  
For women  
of all ages.

12th Annual

# Seeds of Wisdom

Growing and Gathering Healthy Habits

**Thursday, Sept. 24, 2015**

**Doors open 8:30 a.m.**

**Centene Center**

**2 Black Knight Drive • Farmington, MO 63640**

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| 8:30 a.m.               | <b>Doors Open</b>   |
| 8:30 – 9:25 a.m.        | <b>Registration, continental breakfast, visit informational displays*</b>   |
| 9:30 – 10:10 a.m.       | <b>YOU AND YOUR DOCTOR: A Team Approach to Staying Healthier</b><br>Erick Calmet, MD, Family Practice Physician, Medical Arts Clinic  |
| 10:15 – 10:30 a.m.      | <b>EXERCISE FOR LIFE</b><br>Lisa West, Physical Therapist<br>Manager, Parkland Therapy Services   |
| 10:35 – 11:15 a.m.      | <b>MENTAL HEALTH IS GROWING IN THE COMMUNITY</b><br>Karen Miller, Associate Director, BJC Behavioral Health<br>R.E.S.P.E.C.T. Speaker Presentation  |
| 11:20 a.m. – 12:15 p.m. | <b>Lunch and visit informational displays*</b>  |
| 12:15 – 12:50 p.m.      | <b>MAKING MEDICINE BETTER</b><br>Tom Karl, President, Parkland Health Center  |
| 1 – 2 p.m.              | <b>KEYNOTE SPEAKER</b><br><b>MY, HOW WE'VE CHANGED!</b><br>Exploring the generation gap; understanding how we<br>are different, and more importantly, how we are the same.<br>Jaclyn Rowe, Speaker and Author |
| 2 – 2:30 p.m.           | <b>Wrap Up, evaluations and attendance prizes</b>   |

**\*Health Screenings Available**

*Please bring 2 cans of vegetables to be donated to the local food pantries*

**FREE, but space is limited and reservations are required. To reserve your space, call: 800-392-0936.**

**BJC Hospice**

**BJC Behavioral Health**

