



WEAVERS WAY FEMFEST 2015
A Day of Celebration, Sharing & Inspiration
BY, FOR & ABOUT WOMEN EMBRACING LIFE AFTER 50
In honor of International Women's Day
Saturday, March 7, 10 - 4 p.m. FREE Summit Church, 6575 Greene St.

10-10:30 a.m.	Registration/Marketplace
10:30-10:45 a.m.	Greetings & welcome: FemFest founder and writer Connie Garcia-Barrio
10:45-11 a.m.	Love+Sex+Menopause: Iris Wolfson, CNM, CRNP
11-11:15 a.m.	Increase Your Energy Naturally: Health coach, advocate and herbalist Dana Barron, PhD
11:15-11:30 a.m.	Cultivating Prana: Sophie Simpson, owner, Blue Banyan Yoga
11:30-11:35 a.m.	Storyteller, performer and writer Patience Rage
11:35-11:45 a.m.	The Creative Life: Writer and artist Deborah Pratt Curtiss
11:45-noon	Stress & Money: Katherine MacDonald, VP-Financial Advisor, RBC Wealth Management
Noon-12:15 p.m.	Intro to 5 Rhythms: Rebekah Zhuraw
12:15-1 p.m.	Lunch Break/Live Music from ELLAS: Lynn Riley, Suzette Ortiz & Donna Bostok
1-1:15 p.m.	Supporting Women's Health with Medicinal Plants Throughout the Lifespan: Dr. Anne Bower & Gabrielle Lent
1:15-1:30 p.m.	How Wise Women Mentor: Writer and artist Aviva Perlo, MSW
1:30-1:45 p.m.	Inflammation, Arthritis & Heat: Nancy Post, MAC, PhD
1:45-2 p.m.	Walk Your Talk — Communicate with Integrity: Max & Elise Rivers, Two Rivers Mediation
2-2:15 p.m.	Food & Trauma: Weavers Way Wellness Manager and herbalist April Pedrick
2:15-2:30 p.m.	Taking Charge of Your Bone Health: Physical therapist Joanne Fagerstrom, PT, CFP
2:30-2:45 p.m.	Life & Art: Artist Sue Patterson
2:45-3 p.m.	Let's Just Dance: Belly dancer, intuitive, healer and seeker Rukmini Spiritoso
3-3:15 p.m.	Dining for Women: Ann Mintz "100 Under \$100: Empowering Global Women": Author Betsy Teutsch
3:15-3:30 p.m.	Creative Voicework — Own Your Voice: Deborah Crane
3:30-3:45 p.m.	Radiant Lotus Women's Qi-Gong: Gabrielle Burke, Dragon Spirit Arts
3:45-4 p.m.	Wildly Fiercely Flourishing: Life coach Tracie Nichols



A pay-as-you-go marketplace will feature gift items, handcrafts, books and health and beauty products from Weavers Way Co-op, as well as refreshments, sampling and lunch options.

For info or to register: outreach@weaversway.coop or 215-843-2350, ext. 118.