

Are you ready to get back to the basics with your health? Are you ready for some practical tools for living healthy?

Join us for Back to the Basics - Practical Tools for Healthy Living where we will work together to share resources and ideas for healthy living.

You'll learn and be inspired as we discover some of the many basic tools available that can support a healthy lifestyle at home and in the community. You'll learn about healthy eating and cooking, exercising, complimentary medicines as well as laughter and green home renovations. The conference will feature workshops and speakers to teach you the right steps to be a healthier person at home and work.

Register today!



601 W. Second Street  
P.O. Box 1149  
Bloomington, IN 47402

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U.S. Postage Paid  
Bloomington, IN 47401  
Permit No. 100

## BACK TO THE BASICS

Practical tools for healthy living

May 20, 2010

8 a.m. - 3:15 p.m.

Bloomington/Monroe County  
Convention Center



# Conference Agenda

8 - 9 a.m.	Registration and continental breakfast		
9 - 9:15 a.m.	Welcome Mark Moore, President & CEO, Bloomington Hospital		
9:15 - 10:15 a.m.	Making, Not Just Knowing, the Right Choice Diane Wells, M.D., Owen County Hometown Healthcare		
10:15 - 10:30 a.m.	Break		
Breakout Session 1 10:30 - 11:30 a.m.	<b>Stressed is Desserts Spelled Backward: How to make positive food choices when life hands you lemons</b>  Stacey Matavuli, RD CD Dietitian, Bloomington Hospital	<b>Exercise - Beneficial for Fall Prevention</b>  Tobin Wingard, PT Physical Therapist, Bloomington Hospital Rebound	<b>Healthy Homes: Keeping your family safe</b>  Shelia Evans, LPN Community Health Educator, Bloomington Hospital
11:30 a.m. - Noon	Lunch		
Noon - 1 p.m.	How Old Are You Anyway? Switching your mindset - taking charge! Lee McKinley, M.D., Internal Medicine Physician; Clinical Professor of Medicine, Indiana University		
1 - 1:15 p.m.	Break		
Breakout Session 2 1:15 - 2:15 p.m.	<b>The Art of Herbal Healing for Vibrant Health</b>  Susan Clearwater, RN	<b>Moving More with Less: Practical tools to enhance physical activity</b>  Michelle Miller, Monroe County YMCA	<b>Going Green in the Kitchen</b>  Christine Carver, RD CD Dietitian, Bloomington Hospital
Breakout Session 3 2:15 - 3:15 p.m.	<b>Eat Green and Your Greens</b>  Marcia Veldman Bloomington Community Farmers' Market	<b>A Healthy Efficient Home, is the Doctor in?</b>  Bruce Jennings Housing Manager, City of Bloomington  Mike Arnold City of Bloomington	<b>Laughter Tools for Building a Healthier You</b>  Barbara Kissel Certified Laughter Leader

# Featured Speakers



## Making, Not Just Knowing, the Right Choice

Presented by Diane Wells, M.D.

In this time of information overload, most of our choices that result in pain and stress are not from "not knowing what to do," but rather from the failure to purposefully say "yes" to what we already know is best.



## How Old Are You Anyway? Switching your mindset - taking charge!

Presented by Lee McKinley, M.D.

A tool kit and way of thinking about illness and wellness that addresses physical, mental and spiritual health. A look at the new evidence for the mind-body connection in wellness and disease, and ways to care for yourself.

# Registration & Event Details

## Back to the Basics: Practical tools for healthy living

May 20, 2010 • 8 a.m. - 3:15 p.m.

Bloomington/Monroe County Convention Center  
302 S. College Avenue, Bloomington

\$25 if registered by May 13

\$30 if registering the day of the conference

Limited registrations will be accepted at the door.

Continental breakfast and lunch will be provided.

Register by phone: 812.353.5252

Register online: Click Events at  
[bloomingtonhospital.org](http://bloomingtonhospital.org)