

Registration Information

Registration Fees*

- \$275—Full conference, includes private dorm lodging and meals
- \$125—Tuesday, includes meals
- \$125—Wednesday, includes meals
- \$150—Nonparticipating guest fee (guests 18 and older)

Please complete one form for each participant:

Name _____

Name of Guest (if applicable) _____

Organization/School _____

Address _____

City/State/ZIP _____

Phone _____

Email _____

Please list any dietary or facility concerns you have: _____

Please check one of the following:

- \$275—Full conference, includes private dorm lodging and meals
- \$125—Tuesday, includes meals
- \$125—Wednesday, includes meals
- \$150—Guest Fee (nonparticipating)



*If registering after June 5, 2009 or on-site, add \$30.

No individual will be permitted to attend the conference unless full payment or a guarantee of full payment has been received. The registration fee covers the cost of the conference programs and on-campus meals. There will be a \$25 processing charge assessed for cancellations. No refunds after June 5, 2009.

Deadline...
for registration is June 5, 2009

Online Registration:

Download a brochure, workshop descriptions, and register online at www.keystonehealthconference.org.

Mail Registration Forms to:

Keystone Health Promotion Conference
202 East Third Avenue
Lititz, PA 17543

Choose your workshops: (one per session)

View detailed workshop descriptions online at www.keystonehealthconference.org.

I would like information about registering for 3 graduate credits through Penn State Harrisburg.

I	II	III	IV	V	VI
<input type="checkbox"/> 101	<input type="checkbox"/> 201	<input type="checkbox"/> 301	<input type="checkbox"/> 401	<input type="checkbox"/> 501	<input type="checkbox"/> 601
<input type="checkbox"/> 102	<input type="checkbox"/> 202	<input type="checkbox"/> 302	<input type="checkbox"/> 402	<input type="checkbox"/> 502	<input type="checkbox"/> 602
<input type="checkbox"/> 103	<input type="checkbox"/> 203	<input type="checkbox"/> 303	<input type="checkbox"/> 403	<input type="checkbox"/> 503	<input type="checkbox"/> 603
<input type="checkbox"/> 104	<input type="checkbox"/> 204	<input type="checkbox"/> 304	<input type="checkbox"/> 404	<input type="checkbox"/> 504	<input type="checkbox"/> 604
<input type="checkbox"/> 105	<input type="checkbox"/> 205	<input type="checkbox"/> 305	<input type="checkbox"/> 405	<input type="checkbox"/> 505	<input type="checkbox"/> 605
<input type="checkbox"/> 106	<input type="checkbox"/> 206	<input type="checkbox"/> 306	<input type="checkbox"/> 406	<input type="checkbox"/> 506	<input type="checkbox"/> 606

Payment Information:

- Check (payable to Keystone Health Promotion Conference)
- Visa
- MasterCard

Credit Card # _____

Expiration Date _____

Signature _____

Phone # _____

Emergency Contact Information:

Name _____

Phone _____



Cut here and mail, with your check, to the address listed.

KEYSTONE  c/o Susan McGreevy
HealthAmerica
P.O. Box 67103
Harrisburg, PA 17106-7103

Duplicate and Route to:

- Wellness Committee
- Health Education Teacher
- Physical Education Teacher
- School Nurse
- Guidance Counselor
- Food Service Personnel
- Principal
- Health Promotion Practitioner
- Business Manager

GR-MB-617/1.indd (3/31/2009)



The Paths to **Wellness**

2009
Keystone Health Promotion Conference

June 16–18, 2009 • Lebanon Valley College • Annville, PA
Visit www.keystonehealthconference.org for more information.

Conference partners include:
American Cancer Society; Capital BlueCross;
HealthAmerica; PSAHPERD; Penn State Harrisburg

Printing courtesy of  Capital BlueCross
An Independent Subsidiary of the Blue Cross and Blue Shield Association

What is the “Keystone Experience”?

“I truly believe this has been the most well-rounded, informative conference I have had the pleasure of attending. I will be back next year with a group of coworkers and/or colleagues.”

— Conference participant

The Keystone Health Promotion Conference (KHPC) is a three-day conference encompassing all areas of health promotion and personal wellness. Participants have the opportunity to learn practical skills that are easily translated into programs for the work site or the classroom. Through numerous workshops, presentations by nationally recognized speakers, and physical activities, participants gain the energy, enthusiasm, and the skills to implement ideas that can make your wellness program soar.

Past attendees include representatives of school districts, hospitals, and other organizations/institutions who are interested in promoting healthy living for employees and/or students.

Conference Lodging/Meals

Air-conditioned lodging will be provided in the dormitories at Lebanon Valley College in Annville, Pennsylvania at no additional charge. Alternate lodging is available at the following hotels, which are within ten miles of the college:

— Days Inn Lebanon (approximately \$95/night)
1.800.916.4507

— Hampton Inn Manheim (approximately \$129/night)
1.866.232.5031

Meals will be provided starting with lunch on Tuesday afternoon and ending with a take-home bag lunch on Thursday.

Continuing Education Credit Opportunities

Graduate Credits/Penn State Harrisburg

Graduate credits will be available through Penn State Harrisburg to those individuals who possess a bachelor’s degree and who have preregistered for the conference. Questions concerning graduate credits should be directed to Dr. Samuel Monismith at (717) 948-6515. If you are registering for graduate credits, registration should be completed no later than 11:30 a.m., June 15, 2009.

ACT 48

Up to 18.5 ACT 48 credits are available through approved provider, PSAHPERD.

CHES

Application for CHES Category I Continuing Education Contact Hours (CECH) has been made to the National Commission for Health Education Credentialing, Inc. (NCHCEC).

KHPC will submit CEU paperwork for both ACT 48 and CHES credits.

Questions about the conference? Call Susan McGreevy at (717) 526-2849 or email shmcmcgreevy@cvty.com.

Tuesday, June 16

Wednesday, June 17

Thursday, June 18

Conference Schedule

- 7:30 a.m. – 9:30 a.m. Registration—
Check-In Continental Breakfast
- 9:15 a.m. – 9:45 a.m. Graduate Credit Orientation
- 10:00 a.m. – 10:30 a.m. Keystone Welcome
- 10:30 a.m. – 12:00 p.m. Keynote Presentation
— Sally Reiner Nazelrod, M.Ed.
- 12:00 p.m. – 1:00 p.m. Healthy Lunch
- 1:15 p.m. – 2:30 p.m. **Workshop Session I**
- 2:45 p.m. – 4:00 p.m. **Workshop Session II**
- 4:30 p.m. – 5:30 p.m. Fitness Workshop Session I
- 5:30 p.m. – 7:00 p.m. Relaxation Stations
- 6:00 p.m. – 7:00 p.m. Healthy Dinner
- 7:00 p.m. – 9:00 p.m. Social

- 6:00 a.m. – 7:00 a.m. Fitness Workshop Session II
- 7:00 a.m. – 8:30 a.m. Healthy Breakfast
- 8:45 a.m. – 9:00 a.m. Keystone This Morning
- 9:15 a.m. – 10:30 a.m. **Workshop Session III**
- 10:45 a.m. – 12:00 p.m. **Workshop Session IV**
- 12:15 p.m. – 1:00 p.m. Healthy Lunch
- 1:00 p.m. Depart for Outdoor Adventure
- 5:45 p.m. Return from Outdoor Adventure
- 5:45 p.m. – 7:00 p.m. Relaxation Stations
- 6:00 p.m. – 7:00 p.m. Healthy Dinner
- 7:00 p.m. – 9:00 p.m. Keystone Games

- 6:00 a.m. – 7:00 a.m. Fitness On Your Own
- 7:00 a.m. – 8:30 a.m. Healthy Breakfast
- 7:30 a.m. – 8:30 a.m. Check Out
- 8:45 a.m. – 10:00 a.m. **Workshop Session V**
- 10:15 a.m. – 11:30 a.m. **Workshop Session VI**
- 11:30 a.m. – 1:30 p.m. Health Fair
- 12:00 p.m. – 1:00 p.m. Healthy Lunch
- 1:30 p.m. – 3:00 p.m. Keynote Presentation
— Tim Piccirillo
- 3:00 p.m. – 3:30 p.m. Keystone Closing

Workshop Sessions

Workshop Session I (Tuesday, June 16, 1:15 p.m.–2:30 p.m.)

- 101** *Impact of the First Semester College Experience on Cardiovascular Risk Factor Development*
— Robert Kostelnik, Ph.D., Robert Alman, Ph.D., and Elaine Blair, Ph.D.
- 102** *Striving for Cultural Competence*
— Kathleen Allison, Ph.D. and Laurie Weinreb-Welch, M.P.H.
- 103** *Coordinated School Health and the Role of Technology: A Pennsylvania Model for Success*
— Margaret A. McGann, M.S.
- 104** *Pathways to Wellness at Pennsylvania State System of Higher Education (PASSHE) Universities*
— Jeffrey W. Wimer, Ph.D., A.T.C.
- 105** *ABC’s of Relaxation*
— Holly Gardner Socolow, M.H.S., C.E.A.P.
- 106** *Promising Practices for Schools*
— Health Education

Workshop Session II (Tuesday, June 16, 2:45 p.m.–4:00 p.m.)

- 201** *Classroom Teaching Strategies for Effective Stress Management Instruction*
— Robert Kostelnik, Ph.D. and Robert Alman, Ph.D.
- 202** *Catch the Activity Bug: A Community-Wide Program to Promote Physical Activity*
— Kevin A. Alvarnaz, M.B.A.
- 203** *Applied Pilates Practice: Practical Steps to Integrate Pilates Technique*
— Debra Morris, M.Ed.
- 204** *The PATH to Mediterranean Wellness*
— Will Clower, Ph.D.
- 205** *nrg Powered by Choice: The Teen Campaign to Make Healthy Easy*
— Rebecca A. Stamet, M.P.H.
- 206** *Promising Practices for Schools*
— Family and Community Involvement

Workshop Session III (Wednesday, June 17, 9:15 a.m.–10:30 a.m.)

- 301** *Yoga for Health*
— Bonnie Berk, R.N., M.S., E.R.Y.T.
- 302** *Laughing Your Way to Wellness*
— Elaine F. Boltz, C.E.A.P., C.L.L.
- 303** *Smoking Cessation and Asthma Management in the Workplace*
— Myka Diller
- 304** *Immunizations Update and New School Requirements for 2009*
— Patti Matlock
- 305** *Aromatherapy and the ‘m’ technique as a Stress Reduction/Relaxation Tool*
— Linda Weihbrecht, R.N., C.C.A.P.
- 306** *Promising Practices for Schools*
— Physical Activity

Workshop Session IV (Wednesday, June 17, 10:45 a.m.–12:00 p.m.)

- 401** *Changing the Nutrition Education Conversation*
— Amanda Archibald, R.D.

Workshop Sessions

continued

- 402** *Balancing Wellness at Work*
— Carol Noel Michaels, M.P.H., Amanda Greene, and Jack Lenhart, M.D.
- 403** *nrg Walks: Leading Children Down the Path to Wellness*
— Farah Kauffman, M.P.H.
- 404** *Dove Real Beauty Workshop*
— Laura Reyka, R.N.
- 405** *School Health Leadership Institute (SHLI) Booster Session*
— Mary Rose-Colley, Ph.D.
- 406** *Promising Practices for Schools*
— Nutrition Services

Workshop Session V (Thursday, June 18, 8:45 a.m.–10:00 a.m.)

- 501** *From Inspiration to Motivation*
— Holly L. Cookerly, R.N., M.Ed.
- 502** *Up for the Challenge: Lifetime Fitness, Healthy Decisions*
— Martha R. Gregory, M.Ed.
- 503** *Safe, Successful, and Independent*
— Joann P. Judge, C.A.P.E.
- 504** *Solving the Case of Risky Behaviors*
— Suzanne Volpe
- 505** *Strong Women Strength Training for Women (and Men)*
— Nancy Wiker
- 506** *Promising Practices for Schools*
— Health Promotion for Staff

Workshop Session VI (Thursday, June 18, 10:15 a.m.–11:30 a.m.)

- 601** *Introducing the Diabetes in School Children: A Recommendation and Resource Guide for Pennsylvania School Personnel*
— Jan Miller
- 602** *Wii Your Way to Wellness*
— Gina Gray
- 603** *Stress-Busting for the Millennium: How to Reduce—Not Just Manage Stress in Your Life*
— Tim Piccirillo
- 604** *School Management of Severe Food Allergies*
— Julia Cederberg, R.N., C.S.N., M.Ed.
- 605** *Current Trends in the Illegal Drug Subculture 2009 Edition*
— Matthew T. Bennett, M.S.
- 606** *Promising Practices for Schools*
— Healthy School Environment

Keynote Presenters

Celebrating True Colors: Exploring Personality Traits and Leadership Styles
— Sally Reiner Nazelrod, M. Ed.

Outdoor Adventure
— Team Builders Training Services

The Magic of Your Potential
— Tim Piccirillo

www.keystonehealthconference.org