

*Capital Region's*

# Annual Women's Health Conference



**Saturday, October 3, 2009**

**8 a.m. - 12 p.m.**

**Summit Lake Winery**

**1707 S. Summit Dr., Holts Summit, MO**



**CAPITAL REGION  
MEDICAL CENTER**

*University of Missouri Health Care*

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CAPITAL REGION MEDICAL CENTER  
P.O. Box 1128  
Jefferson City, MO 65102-1128

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Capital Region Medical Center is proud to present the Annual Women's Health Conference. The goal of the conference is to give women an educational opportunity to focus on health in a social environment. The cost of the conference is \$10.

## Agenda:

8:00-8:30 a.m. . . . Check-in & Breakfast

8:30-9:15 a.m. . . . Get Up, Get Moving, Exercise!  
Presented by David Flood, M.D.

9:15-9:30 a.m. . . . Door Prizes

9:30-9:45 a.m. . . . Tech Talk: Xoft Procedure  
James Allen, M.D.

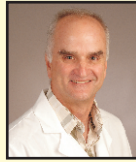
9:45-10:30 a.m. . . . When and Why, Age Appropriate Screenings  
Kelly Hayday, M.D.

10:30-10:45 a.m. . . . Break

10:45-11:00 a.m. . . . Entertainment

11:00-11:45 a.m. . . . Nutrition for Women  
M. Christopher Link, M.D.

## Event Presenters:



**David Flood, M.D.**

Orthopedic Surgeon, Dr. Flood specializes in Sports Medicine. His presentation Get Up, Get Moving, Exercise will explain how exercise can benefit every woman. From relieving arthritis pain to helping manage stress, the rewards to exercise are many.



**James Allen, M.D.**

The Xoft procedure is a new minimally invasive treatment for breast cancer. To help better explain this technology will be Dr. Allen. Dr. Allen is a radiation oncologist at the Goldschmidt Cancer Center which is the first cancer treatment facility in the area to have this technology.



**Kelly Hayday, M.D.**

As a family practice physician and Capital Region's newest family practice clinic, Edgewood Family Practice, Dr. Hayday sees daily the benefits of age appropriate screenings for early detection and prevention of illness. Through her presentation, the audience will learn when and why to receive screenings.



**M. Christopher Link, M.D.**

A 20-year veteran emergency medicine physician, Dr. Link has recently opened a new Integrative Medicine and Acupuncture Clinic in Jefferson City. Combining the best of conventional medicine with traditional Eastern medicine, Dr. Link brings us a truly refreshing view of health and nutrition.

## Registration Form:

**To register by mail, return this form to:**

Corporate/Community Health  
Capital Region Medical Center  
P.O. Box 1128  
Jefferson City, MO 65102

Please enclose payment of \$10 with your registration. Checks may be made payable to Capital Region Medical Center.

Name		
Address		
City	State	Zip
Home Phone		
Work Phone		

**You may also register by calling  
573-644-7878.**

**Seating is limited.**  
Please register prior to September 25.

