

2nd Annual
BAJA WOMEN'S CONFERENCE
Nurturing our mind, body, and soul

2ª Conferencia Anual de
MUJERES DE BAJA CALIFORNIA
Nutrir nuestra mente, cuerpo y alma

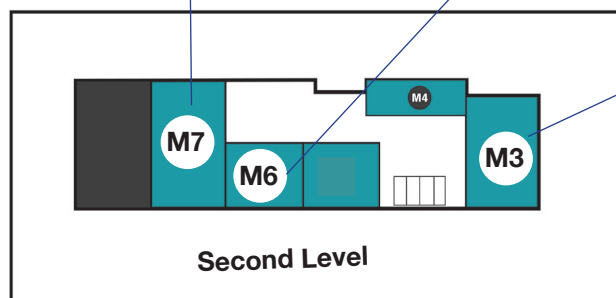
8:30-9:00am		Registration / Registro		
All day / Todo el día	Art Gallery 7	Walk the Labyrinth/ Camina el Laberinto		
All day / Todo el día	Art Gallery 11	Visit the Art Gallery-self guided tour Visita a la Galería de Arte-visita autoguiada		
9:00-9:25am	Space 3	Welcome! ¡Bienvenidas! Morning Speakers / Ponente matutino	Conference Committee Carol Clary and Gloria Snyder	Bilingual Bilingüe
9:30-10:20am	Space 3	Women's Circle / Círculo de Mujeres	Gloria Snyder	Bilingual Bilingüe
10:30- 11:30am	Room/Salon	Session 1 / Sesión 1	Speaker / Ponente	
	Music 1 (M1)	A Comfortable Chat on Sex	Sherri Jaye	English
	Music 6 (M6)	Rethinking Disease and What it Means to Be Healthy	Suzanne Mulroy	English
	Music 3 (M3)	Role of Creativity in Self Care	Sue McDevitt	English
	Dance 3 (D3)	Female Myth of Servitude: Reframing the Caretaker Role	Alice Vernoux	English
	Dance 1 (D1)	Find and Strengthen Your Voice in Life, Speech and Song/ Encuentra y Fortalece tu Voz en la Vida, en el Habla y en el Canto	Carol Clary	Bilingual Bilingüe
	Music 2 (M2)	Menopausia y Andropausia	Dra. Gloria Godinez	Español
	Music 7 (M7)	La Otra Cara de la Depresión	Dra. Neblina Ninel Vega Salazar	Español
11:40-12:40 pm	Room/Salon	Session 2/ Sesión 2	Speaker / Ponente	
	Music 1 (M1)	Healing Art Therapy	Shauna Robeson	English
	Music 2 (M2)	Building a Healthy Pantry	Karen Schuppert	English
	Music 6 (M6)	Making Your End-of-Life Wishes Known	Marti and Karri Benjamin	English
	Music 7 (M7)	Stress and Creating Balance	Maria Denzin	English
	Dance 3 (D3)	Chakras, Reiki, Singing Bowls/ Chakras, Reiki, Tazones Cantores	Rose Lee	Bilingual Bilingüe
	Dance 1 (D1)	El Poder de Tu Palabra	Gloria Snyder	Español
	Dance 2 (D2)	Sanando a Tu Niña Interior	Lic. Claudia Araujo	Español
12:45-1:30pm		Lunch - Main Lobby / Almuerzo - Lobby Principal		
1:40-2:40pm	Room/Salon	Session 3 / Sesión 3	Speaker / Ponente	
	Music 1 (M1)	Nutrition: Wellness is an Inside Job	Winifred Morice	English
	Music 6 (M6)	Flourish: The Science of Well-Being	Marti Benjamin	English
	Music 3 (M3)	Transforming Trauma to Passion	Elizabeth Ann Belló	English
	Music 2 (M2)	Menopause and Andropause	Dr. Gloria Godinez	English
	Music 7 (M7)	Mujeres y Empoderamiento	Dra. Elvia Moreno	Español
	Dance 1 (D1)	Empoderamiento de la Nutrición Holística	Nina Raffaele	Español
2:40-3:00pm	Space 3	Connection and Reflection with Raffle / Conexión y Reflexión con Rifa		Bilingual Bilingüe
3:00-4:00pm	Space 3	Salsa Dancing Lesson / Clase de Baile de Salsa	Gabriela López Arnaut	

CEART MAP OF SESSION LOCATIONS • CEART MAPA DE UBICACIONES DE LAS SESIONES

Music 7 (M7) Upstairs - Segundo Piso
 10:30am La Otra Cara de la Depresión (SP)
 11:40am Stress and Creating Balance
 1:40pm Mujeres y Empoderamiento (SP)

Music 6 (M6) Upstairs - Segundo Piso
 10:30am Rethinking Dis-ease and What it Means
 11:40am Making Your End-of-Life Wishes Known
 1:40pm Flourish: The Science of Well-Being

Music 3 (M3) Upstairs - Segundo Piso
 10:30am Role of Creativity in Self Care
 1:40pm Transforming Trauma to Passion



Dance 3 (D3)
 10:30am Female Myth of Servitude
 11:40am Chakras, Reiki, Singing Bowls (BI)
 1:40pm Mujeres y Empoderamiento

Music 2 (M2)
 10:30am Menopausia Y Andropausia (SP)
 11:40am Building a Health Pantry
 1:40pm Menopause and Andropause

Music 1 (M1)
 10:30am A Comfortable Chat on Sex
 11:40am Healing Art Therapy
 1:40pm Wellness is an Inside Job



Dance 1 (D1)
 10:30am Find and Strengthen Your Voice (BI)
 11:40am El Poder de Tu Palabra (SP)
 1:40pm Empoderamiento de la Nutrición (SP)

Dance 2 (D2)
 11:40am Sanando a Tu Niña Interior (SP)

(SP) - Spanish / Español
 (BI) - Bilingual / Bilingüe