

10th Mountain & Fort Drum History

A Journey Through Chocolate: Learn about my journey from critical care nurse to artisan chocolatier, the challenges and rewards of starting my own business. Hear a brief description of the history of chocolate, how it is grown and processed, and how to taste it!

Adoption and the Military: Adoption options both domestic and international. Resources available to military families and adoption reimbursement programs.

Basket Weaving: Learn the history of basket weaving from a Navy wife and basket artist. Then weave your own reindeer ornament!

Books For Preschoolers: Get the most out of each book beginning at an early age so they will grow up to love books for a lifetime.

Books They'll Love: A presentation of books for school-age children. How to get the most out of a book and select appropriate reading levels.

Community Supported Agriculture: Learn about local farmers markets (indoor winter farmers markets too), Community Supported Agriculture (CSA), and the advantages of buying local products, and where to find them.

Coping With Grief: Tasks of mourning (a theory of grief counseling) to include ways to cope with a loss. Also discuss ways to reach out to a grieving person and support them.

Dream Beads: Learn basic bead techniques, leaving with a new piece of jewelry!

Escape With Your Life - Could You Really Fend Off An Attacker?

Empower yourself with the *7 Skills of Escape* to stay safe in any situation.

Family Health: Create a home environment that makes healthy choices easier for families and children.

Handmade Cards and Gifts: Learn how easy it is to make your own homemade gifts and cards! You'll create a *thank you*, a *we've moved*, and a *birthday card* as well as a *photo explosion box*.

Helping Your Pet Adjust to Lifestyle Changes: Help your pets adapt to a new home, a different climate or season change or to a new baby in the household.

How to Refill your Apple Basket: Balance your everyday life as well as during demanding and challenging times. Problem solving and conflict resolution skills to use with children and adults will be introduced.

Indoor Gardening: Learn how to grow herbs and greens inside. Free seeds to start your own indoor garden!

Make-up quick tips- Use what's in your bag: Learn different make-up application techniques and basic skin care. Options for stand-out eyes, fresh lips, flawless skin and maintained brows for a "dash out the door" look as well as converting daytime to evening looks in minutes.

Mental Health & Treatments: An interactive session. Ask questions and engage in discussion with providers in our community. Topics include anxiety, depression, and other issues you want to talk/hear about.

Nutrition & Healthy Lifestyles for Adolescence: Learn how nutrition & lifestyle choices affect your children. Identify ways to combat childhood obesity.

Paint Color: An in depth discussion on color theory; how to pick colors for your home, and how to coordinate colors to make your house a home.

Peri-Menopause/Menopause – Symptoms and Survival: The onset of menopause signals more than just the end to a woman's menstrual cycle. Review the signs and symptoms and the latest tips and trends.

Preparation & Painting: Learn sheet rock repair & prep to paint, how to cut-in walls, how much paint you will need for a project and how to touch up painted walls.

Recognizing Teen Depression & Anxiety: Review signs and symptoms of depression and anxiety and what to look for specifically with adolescents. Tips on what you can do, when to seek professional help and common interventions.

Take a Great Photo: Learn the basics of composing a keepsake photograph. Simple tips that will help you capture that landscape, nature image, child, or pet in a photograph.

Think Spring with Flowers: Make an arrangement using fresh spring flowers!

Transition and Resiliency: Deployment and re-deployment reunions.

Helping to keep the kids happy and healthy before, during and after.

Unlock Your Creativity Through Writing: Engage in fun writing exercises designed to get the creative juices flowing. Take home some exercises and ideas for relaxation, creation, and reflection through writing.

Wine 101: Learn the main types of wine varietals, where they come from and great foods to eat with them. Taste several wines from around the world.

Women and Money: Discuss the relationship women have with money.

Bring questions on investing, insurance and savings.

Yoga: Practice relaxed breathing, learn body awareness, mental focus and relaxation.

Zumba: Learn the history of Zumba then fuse Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

Friday March 5th

8:45-9:25 - Registration

Coffee in the Lobby

9:25 - Welcome

Lobby

9:30-10:15 - Session 1

10:20-11:05 - Session 2

11:10-11:55 - Session 3

12:00-12:40 - Lunch

Winner's Circle

12:45-1:30 - Session 4

1:35-2:20 - Session 5

2:25-3:10 - Session 6

3:10-3:30 - Drawings and Closing

Lobby

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## Saturday March 6<sup>th</sup>

11:00-11:40 Registration - Lobby

Finger Food, coffee, tea and soda in the Ballroom

11:45-1:45 Mr. Greg Mortenson

Ballroom



## Bloom Where You Are Planted!

March 5th and 6th, 2010

The Commons, Ft. Drum

## 2010 Women's Conference

Registration Form

Hosted by the Officers' Spouses' Club

Fort Drum, NY

Registration deadline is: February 19th, 2010

Check [www.fdosoc.com](http://www.fdosoc.com) for more information.

An event that benefits our military and civilian community. Our chosen theme again this year is "Bloom Where You Are Planted", a wonderful idea that no matter where you reside, there are always opportunities to be cultivated and interests to be nourished. The topics and sessions offered at the conference will focus on home, women's health, children, hobbies, family activities and making a positive impact regardless of your stage in life. The OSC invites every woman from Fort Drum as well as in the surrounding communities to really feel a part of the remarkable North Country.