

Thursday, May 14th at the Omni Bedford Springs Resort

Education - Inspiration - Empowerment

Join a regional audience of professional women for a day of connections, enlightenment & more...

**Inspiring Keynote Presentations** Informative Breakout Sessions

Networking, Vendor Visits & Attendee Gift Bags

Full Day or Lunch Only or Breakfast Only

Tickets Available Now

**Special Conference Room Rate** 

(Wed, Thurs nights)

**Lunch Keynote Speaker Announcement Expected Soon!** 



## Women of Service Breakfast Panel

Jennifer Judd (U.S. Air Force) Tina Molski & Jayme Orr Rhodes (U.S. Army) Melony Lynch (U.S. Navy & USAF)











































Thursday, May 14th	12:00-1:45	Notworking Lunch	
7:00-8:00 Vendor Set-Up	12:00-1:43	Networking Lunch Sponsored by M&T Bank	
8:00-8:30 Arrivals/Registration Continental Breakfast/Exhibitor Visits Sponsored by Bayada Pediatrics		<b>Keynote Lunch Program</b> Sponsored by UPMC Altoona-UPMC Bedford	
And Somerset Trust Company		Lunch Keynote Announcement	
8:30-9:45 Welcome/Ice Breaker/Sponsor Remarks		Coming Soon	
8:45-9:45 Morning Featured Panel Women of Service: Leadership Lessons from the US Armed Forces	1:45-2:00	<b>Beverage Break &amp; Vendor Visits</b> Sponsored by Homewood at Spring House Estates	
Sponsored by Three Wire Systems/Vet Advisor	2:00-2:45	Breakout Session III	
Jennifer Judd, Omni Bedford Springs Melony Lynch, ACE Group Tina Molski, REI Jayme Orr Rhodes, Serviam Construction		Storytelling: S Powerful Tool for Leaders Casey Cover, Leadership Consultant Traversing the Pathway to Trust: Create an Award-Winning Workplace Culture	
10:00-10:15 <b>Beverage Break/Exhibitor Visits</b> Sponsored by Headline Marketing & Communications		Corey Christman, Vethos Flowers & Your Well Being Renee Nicholson, Everett Flower Shop	
10:15-11:00 <b>Breakout Session I</b> Put Your Best Foot Forward: Define Yourself & Your Team for Success	GRIT: Get Real Intentional Together:  Body, Mindset & Finances  Tammy Taylor, Optavia		
Justine M. Roberts, MPAS, PA-C, RVT, MBA Breakroom to Boardroom: Survive and Thrive in a Male-Dominated Workplace	2:45-3:00	Break/Sweet Treat Sponsored by Bedford Candies/Rita's	
Beverly Green & Carmen Bilek The Urgent Threat of Hormone-Disrupting Chemicals to our Health & Future & What We Can Do About it	3:00-4:00	Parting Message: Wallow in Your Worth Dr. Sherry Cain	
Ella M. McElwee, ND, PhD, Health by Choice Establishing Your Estate Plan Bryce D. Harshberger, STC Trust & Investment Management Substance Abuse: There is More to it	4:00-4:15 Closing Comments & Door Prize  Final door prize will be two (2) registrations for the 2021 WIB Conference (Must be present at this session to win this prize!)		
Dr. Rebecca Coleman  11:10-11:55 Breakout Session II  Women & Wealth Becky Stevens, Morgan Stanley Why Ask Why? Motivation & Goal Setting	More Ne Preview	etworking!  Mixer  SOUTHERN ALLEGHENIES	

Karen L. Weiss, Dream Big Coaching

Understanding Your Business & How to Grow It Jennifer Christman, MyVet Advisor

Non-profit Start-Up and Board Basics

Terri Johnson, CPA

Four Ways to Stress Less

Sandy Campbell, Holistic Health Solutions Group



