



Educational Sessions



Mindless Eating - Sponsored by Kinross Fort Knox

Deanna Latson, Good Thinking Company, Prow

It seems when Americans sit down to eat, our minds are “out to lunch”, yet our mind chooses many of the foods we eat. What are some tricks we can use to make better choices? Your eyes affect you more than you know. Deanna will share SIMPLE tricks that can make the difference between maintaining a healthy weight or being overweight. Learn tips on how we can stop our absent-minded way of eating and start thinking before we open our mouths for a mindless feast.



Women and Heart Disease: Knowing the facts may save your life

Sandy Hoak, RN and Melissa Bostrom, RN, Fairbanks Memorial Hospital – Jubilee

Why is heart disease thought of as “belonging” to men? Learn about the incidence of heart disease, the risk factors, and the symptoms of heart attack for women. Take charge of your heart by keeping tabs on your lab work and understanding your medication.



The Whys and Hows of Exercise

Kirk Seegmiller, Exercise Physiologist, FMH Cardiac Rehab – Champion

Get off the couch and start moving! Come and learn, or re-learn, the basic benefits and guidelines of exercise.



The Keys to a Healthy Snack Home - Sponsored by Madden Real Estate

Roxie Distel, Extension Home Economist, UAF – Prow

Are you tired of always denying yourself? Explore ways to make heart healthy choices that can improve the nutritional value of your diet and can give you the little pick-me-up you need to make it through the day.



Osteopathic Manipulation: Get moving and get heart healthy

Todd Capistrant, D.O., Tanana Valley Clinic – Jubilee

The Fascial Distortion Model provides effective methods of identifying and treating a wide range of musculoskeletal injuries, including pulled muscles, fractures, sprained ankles, etc., and also provides insights into treatment of many medical conditions such as stroke and heart problems.



Healthy Legs, A Healthier You: New Laser Based Treatments For Painful Varicose Veins

Donald Ives, M.D., Laser Vein Center of Fairbanks – Champion

Painful leg veins are often a hidden problem. Having them can change the quality of life for 30-40% of women by decreasing their ability to tolerate exercise, thereby impacting their overall health. There are new, laser-based outpatient treatments that can improve the pain of varicose veins in a short time, putting women back on their feet and allowing them to exercise freely once again.

