## JPMC HEALTH PLAN

Bedford County Chamber of Commerce

Friday, May 17th at the Omni Bedford Springs Resort

Education ~ Inspiration ~ Empowerment

Join a regional audience of professional women for a day of connections, enlightenment and more: Keynote presentations—Breakout Sessions—Exhibitor Visits & Shopping—Networking—Gift Bags, etc.

Proudly Welcoming Our 2019 Keynotes:

**Pennsylvania Corporate Trailblazers** 



Linda Moss Featured Lunch Speaker President—PA Companies, FirstEnergy Corp





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NEW 1N 2019. Preview Mixer Thurs. May 16th, 6-8pm SAMA Bedford Gallery





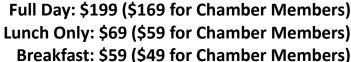












Thursday Evening Mixer: \$10 per person RSVP to (814) 623-2233 or Online

See Full Schedule on Reverse Side











Thursday, May 16th		Friday, May 17th continued:	
6:00-8:00	Conference Preview Reception SAMA Bedford Sponsored by Wholesome Living Marketplace	12:00-1:45	Networking Lunch Sponsored by Seltzer Financial
	and Whipped Bakery, a Family Tradition		Keynote Lunch Program Linda Moss, President
Friday, May 17th			FirstEnergy Corp Pennsylvania Companies
7:00-8:00	Vendor Set-Up	1:40-1:45	Stress Break with Dr. Kris Arnold
8:00-8:30	Arrivals/Registration Continental Breakfast/Exhibitor Visits	1.10 1.13	Live Well Chiropractic
	Sponsored by Bayada Pediatrics	1:45-2:00	Beverage Break & Vendor Visits  Sponsored by  Headline Marketing & Communications
8:30-9:45	Welcome/Ice Breaker/Sponsor Remarks		
8:45-9:45	Morning Featured Speaker	2:00-2:45	Breakout Session III
	Jan Fisher, President UPMC Altoona – UPMC Bedford		Increasing Productivity by Getting Over
9:45-10:00	Stress Break with Dr. Kris Arnold Live Well Chiropractic		Your Own Mind—Erin Gattuso Did She Just Say the F-Word? (Fear) Sherrie Dunlevy
10:00-10:15	Beverage Break/Exhibitor Visits Sponsored by Homewood at Spring House Estates		Finding Your Voice - Kristine Irwin Business Start-Ups: R&D Andrew Trexler
10:15-11:00	Breakout Session I		Exploring Your Relationship with Money Becky Stevens
9 Ways for Busy Women to Restore Energy			•
Busin	Bobbi DiClaudio ess Fashion: Accessorizing for Success	2:45-2:55	Sweet Treat Sponsored by Bedford Candies/Rita's
Buildi	Juli Dull Gonsman ing a Winning Team Caz Russell	2:55-3:00	Stress Break with Dr. Kris Arnold  Live Well Chiropractic
Busin	ess Writing /Telling Your Story Laura Briggs	3:00-3:45	Parting Message: Achieving Greatness Dr. Sherry Cain
	Breakout Session II  ership Lessons from Wonder Woman  Mary Grattan  ging Your Online Reputation	3:50-4:00	Closing Comments & Door Prize Final door prize will be two (2) registrations for the 2020 WIB Conference (Must be present at this session to win this prize!)
Cassandra Carrowick		4:00 p.m.	Conferences Closes
Financial/Legal Independence for Women Attorney Brandi Hershey The Unapplement Selectors on Boot Practices		If you'd like to extend your stay:	

If you'd like to extend your stay:
Omni Bedford Springs is hosting their annual
Spring into Wellness Weekend: May 17-19
Details are available on the Resort Website.



The Unapologetic Salesperson: Best Practices

John Moore