

UPMC HEALTH PLAN

Presents

Bedford County Chamber of Commerce

Women in Business 2019 Conference

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



Jan Fisher Featured Morning Speaker
President—UPMC Altoona & UPMC Bedford



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

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

OMNI RESORTS
bedford springs | pennsylvania



BAYADA
Home Health Care



EQUITY
CONCEPTS

Seltzer Financial Strategies

HEADLINE
MARKETING & COMMUNICATIONS

EST. 1929
BEDFORD CANDIES
CHOCOLATES & POPCORN



**SOUTHERN ALLEGHENIES
MUSEUM OF ART**



**UPMC Bedford
UPMC Altoona**



Full Day: \$199 (\$169 for Chamber Members)

Lunch Only: \$69 (\$59 for Chamber Members)

Breakfast: \$59 (\$49 for Chamber Members)

Thursday Evening Mixer: \$10 per person

RSVP to (814) 623-2233 or Online

See Full Schedule on Reverse Side

Whipped Bakery
A FAMILY TRADITION

6 NEWS



Business and
Professional
Women

julia WEARABLE ART

www.BedfordCountyChamber.com

Thursday, May 16th

6:00-8:00 **Conference Preview Reception**
SAMA Bedford
*Sponsored by Wholesome Living Marketplace
and Whipped Bakery, a Family Tradition*

Friday, May 17th

7:00-8:00 Vendor Set-Up

8:00-8:30 **Arrivals/Registration**
Continental Breakfast/Exhibitor Visits
Sponsored by Bayada Pediatrics

8:30-9:45 **Welcome/Ice Breaker/Sponsor Remarks**

8:45-9:45 **Morning Featured Speaker**
Jan Fisher, President
UPMC Altoona – UPMC Bedford

9:45-10:00 **Stress Break** with Dr. Kris Arnold
Live Well Chiropractic

10:00-10:15 **Beverage Break/Exhibitor Visits**
Sponsored by Homewood at Spring House Estates

10:15-11:00 **Breakout Session I**

- 9 Ways for Busy Women to Restore Energy
Bobbi DiClaudio
- Business Fashion: Accessorizing for Success
Juli Dull Gonsman
- Building a Winning Team
Caz Russell
- Business Writing /Telling Your Story
Laura Briggs

11:10-11:55 **Breakout Session II**

- Leadership Lessons from Wonder Woman
Mary Grattan
- Managing Your Online Reputation
Cassandra Carrowick
- Financial/Legal Independence for Women
Attorney Brandi Hershey
- The Unapologetic Salesperson: Best Practices
John Moore
- Pampered Chef Meal Preps for Busy Households
Priscilla Hauer

Friday, May 17th continued:

12:00-1:45 **Networking Lunch**
Sponsored by Seltzer Financial

Keynote Lunch Program
Linda Moss, President
FirstEnergy Corp Pennsylvania Companies

1:40-1:45 **Stress Break** with Dr. Kris Arnold
Live Well Chiropractic

1:45-2:00 **Beverage Break & Vendor Visits**
*Sponsored by
Headline Marketing & Communications*

2:00-2:45 **Breakout Session III**

- Increasing Productivity by Getting Over
Your Own Mind—Erin Gattuso
- Did She Just Say the F-Word? (Fear)
Sherrie Dunlevy
- Finding Your Voice - Kristine Irwin
- Business Start-Ups: R&D
Andrew Trexler
- Exploring Your Relationship with Money
Becky Stevens

2:45-2:55 **Sweet Treat**
Sponsored by Bedford Candies/Rita's

2:55-3:00 **Stress Break** with Dr. Kris Arnold
Live Well Chiropractic

3:00-3:45 **Parting Message: Achieving Greatness**
Dr. Sherry Cain

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!)*

4:00 p.m. **Conferences Closes**

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.

