



Healthy Aging for Latina Women over 40
Health and Wellness Sessions: October 9th, 9:00 am – 2:00 pm

Mistress of Ceremonies – Claudia Torresco (Host of *La Voz del Pueblo* and Director of Community Affairs, Univision Radio)

SESSION	PRESENTER	Duration (min)	Start Time
1. Sign-in: Coffee, pastries and refreshments		25	9:00 AM
2. Welcoming Remarks	CEO Ed Downs' wife & Maria del Carmen Uceda	10	9:25 AM
3. Take Responsibility for your Health within a Supportive Community (introduces Claudia)	Dr. Elba Garcia, Former Mayor Pro Term of Dallas	15	9:35 AM
4. Health topics	Moderator: Claudia Torresco	10	9:50 AM
a. Life Changes after 40	Dr. Luis de Leon Usuga or Dr. Denise Ruiz	15	10:00 AM
b. Kidney problems	Dr. Carlos Pancorvo	15	10:15 AM
c. Thyroid, Obesity & Diabetes	Dr. Manuel Griego	20	10:30 AM
Break		10	10:50 AM
d. Podiatry	Dr. Alex Garcia	15	11:00 AM
e. Cardiovascular disease – Panel Discussion	Dr. Pablo Uceda & Dr. Alejandro Santos	20	11:15 AM
f. Emotional and Spiritual Health	Debbie Gonzalez LPC	15	11:35 AM
g. Flex-Time		10	11:50 AM
5. Lunch (45 minutes)		10	12:00 PM
a. Nutrition (during lunch)	Registered Dietitian Araceli Vázquez (Columnist w/ Al Dia)	20	12:10 PM
b. Making the most of your Medical Insurance Benefits (during lunch)	Maria Uceda & Hospital Staff	15	12:30 PM
6. <i>Health</i> and Wellness: Embark on your Healthy Life Project (Mental, Emotional, Social)	Dr. Edmundo Beltran, Psychologist and Life Coach	20	12:45 PM
7. Topic to be determined	Ana Cristina Reymundo – Editor, Nexos Magazine	15	1:05 PM
8. Closing Remarks & Prize giveaway	Claudia Torresco and Maria del Carmen Uceda	15	1:25 PM