

Lt. Col Rita Vokes (Ret) retired from the Air Force in 1995 and continued her career as a wellness consultant/educator. She presents seminars to military and civilian audiences nationwide. She will lead off the table topics session stressing the importance of a positive attitude and **how it** affects a woman's self worth. You can develop good habits in a crazy world.

Stan Long is a certified instructor for the nationally recognized program, Refuse to Be a Victim. His 2-hour seminar will center on the safety issues associated with everyday life: at home, at work, in your car, and traveling. The included workbook will help you focus on a variety of crime prevention strategies to become aware of and to know how to prevent criminal attack, to keep you and your family safe.

Michelle Thomas, Comedian and Breast Cancer Awareness Advocate will be the entertainment at the TBW Scholarship Fundraiser on Friday evening. Check her out on her website www.michellelovescake.com

Dr. Betsy Pond practices with the Shambhala Meditation Center of San Antonio as a psychotherapist working to help people reduce stress through meditation. She will present a workshop discussing the need for all human beings to feel a basic worthiness in being just that—human. She will cover the essentials of how women can get back to a state of feeling worthy and valuable. Through her meditation practices, we will learn how to move ourselves away from stress to a calm, contented and worthy life.

Dr Pedro Delgado, Chair of the Psychiatric Department at the University of Texas Health Science Center, is joining us to contemplate the causes and manifestations of depression. With an emphasis on the understanding and prevention of depression in women, Dr. Delgado will discuss the many ways that we can identify mild symptoms and offer recommendations for dealing with it.

Elizabeth King is a Dave Ramsey Counselor who has embarked on a financial empowerment ministry. As a real estate broker and family woman, she is very familiar with the intricacies of financial health. She will share her story of financial peace & the methods she used to get there. A DVD with spreadsheets to use immediately will put you on the path to financial empowerment.

Jennifer Sides, PhD, from the Health & Wellness Center at Randolph AFB, will give us insights into the necessity of good nutrition. Her workshop will include specifics about women and what, why, and how we eat. With her background helping military members deploying and coming home, she has a wealth of information to share.