

**CIRCLE OF RED CHAIR**

Ann Stinson

**MEN GO RED CHAIR**

Derek Leathers

**HONORARY CHAIR**

Anne Nelson

**EVENT CHAIR**

Ann Bruner

**AUCTION CHAIR**

Tricia Riggins

**EXECUTIVE LEADERSHIP TEAM**

Lisa Bockman

Caren Dean

Deb Denbeck

Chessa Hall

Pam Hernandez

Kim Lesinski

Suzanne Kotula

Stacie Neussendorfer

Tricia Riggins

Karen Tesina

**FEATURED GUESTS**

Lisa Carmichael

**KEYNOTE SPEAKER**

Caren Dean

Creative services donated in-kind by  Firespring

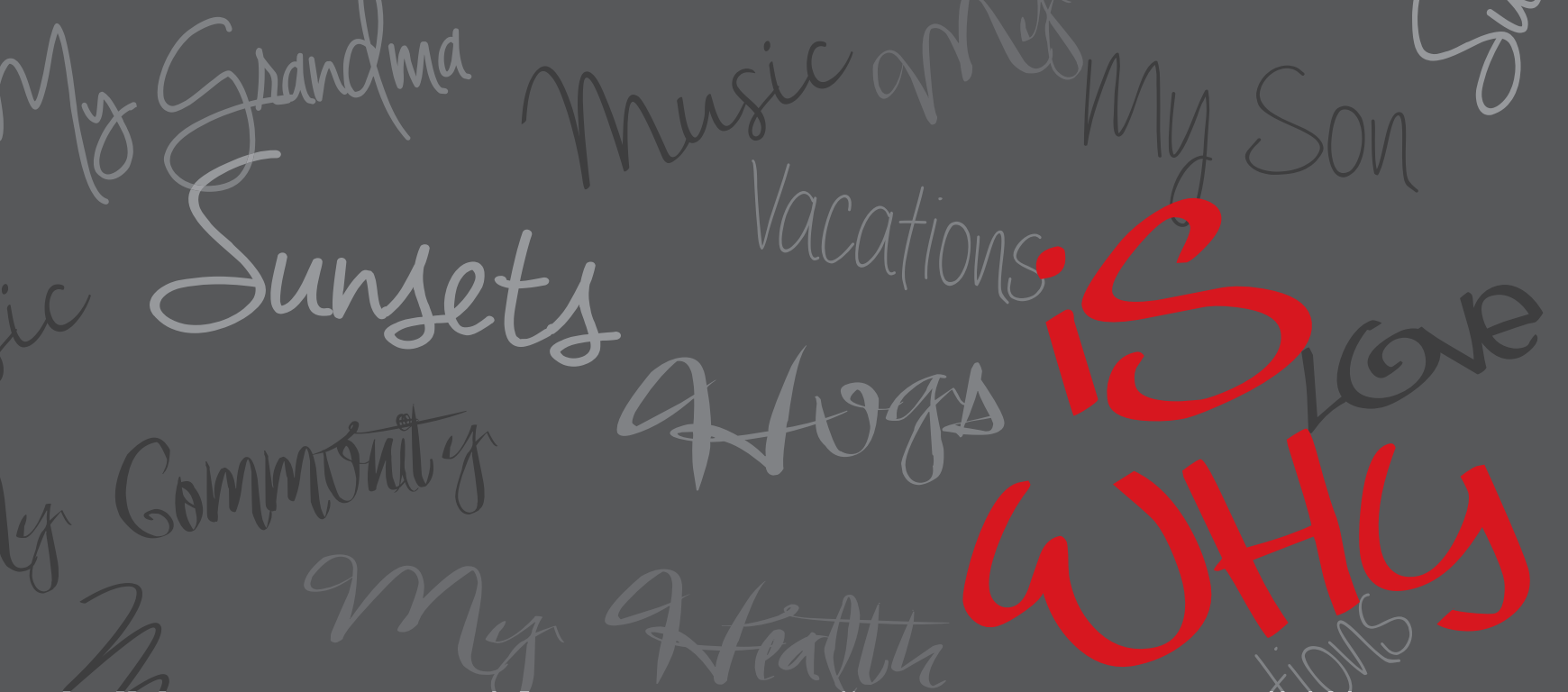


**Life is  
WHY**



Presented by





**TUESDAY, NOVEMBER 3, 2015**  
**EMBASSY SUITES LA VISTA**  
**4:30-8:30PM**

**4:30pm** Welcome! Registration, \*Silent Auction,  
Exhibitor Booths & Health Expo Begin;  
Cash Bar Opens

\* Please note that we will be doing electronic bidding for this year's silent auction. To facilitate the process please provide your executive table host with email and cell phone number.

**5:30pm** Educational Hot Topic Presented by Methodist Health System  
Topic: Menopause  
Presenter: Annette Dillon, APRN

**5:30pm** Educational Hot Topic Presented by HyVee  
Topic: Nutrition Tips for Trading Up Your Food & Drink Choices  
Presenter: Shannon Muhs, MS, RD, LMNT  
Registered Dietitian & Licensed Medical Nutrition Therapist for Hy-Vee

**6:00pm** Educational Hot Topic Presented by Methodist Health System  
Topic: Sex and Aging  
Presenter: Annamaria Nagy, MD, MPH, OB/GYN

**6:00pm** Educational Hot Topic Presented by The Right Reflection  
Topic: Are You Your Own Worst "Frenemy"?  
Presenter: Pam Alfrey Hernandez, President and Founder