



# FEELIN' HOT CONFERENCE

## WOMEN'S HEALTH & WELLNESS OVER 40

Presented by Rebecca Hulem, RN, CNM, NP  
“The Menopause Expert”

*A rejuvenating health and wellness retreat focusing on  
both Eastern and Western approaches to menopause.*

June 26—June 29, 2008  
Miraval Resort & Spa  
Catalina, Arizona





**Presenting Speaker: Rebecca Hulem, RN, CNM, NP**

Widely known as “The Menopause Expert”, Rebecca has traveled throughout the United States and Canada speaking professionally to women of all ages on topics of women’s health and wellness. As a nurse practitioner, certified nurse midwife, certified menopause clinician and author, Rebecca brings over 30 years of experience to her professional speaking.



**Guest Speaker: Dr. Anita Nelson**

Dr. Nelson is a Professor in the Department of Obstetrics and Gynecology at the David Geffen School of Medicine at the University of California, Los Angeles (UCLA). She is on staff at Harbor-UCLA Medical Center in Torrance, CA and serves as Chief, Women's Health Care Programs. She is also the Medical Director for the Research Division of the California Family Health Council. Most of Dr. Nelson's research efforts have been in the areas of contraception, menopause and gynecologic infection.



**Guest Speaker: Dr. Sabina Kobylinski**

Dr. Kobylinski is currently Medical Director for Lindora, a company which provides a medically supervised weight loss program to several thousand patients daily in clinics throughout Southern California. Dr. Kobylinski also remains active as a family physician and as an educator for medical residents and students. Her focus is on weight loss, wellness and prevention, taking a whole body approach to healthcare.



**Guest Speaker: Johanna Hofmann, MBA, MAc., LAc.**

Johanna has been a practitioner of Traditional Chinese Medicine for the past 11 years. She received her Masters degree in Acupuncture & Certificate in Herbal Medicine from the Northwest Institute of Acupuncture and Oriental Medicine in Seattle. She is nationally board certified from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).



**Guest Speaker: Teresa Proctor Kraegel, APRN**

Teresa is a licensed Advanced Practice Registered Nurse with a Masters in Counseling/Psychology. She is nationally certified as a Clinical Nurse Specialist in Psychiatry/Mental Health. With over 30 years experience in the U.S. and Asia in many areas of medicine, she has also maintained a private psychotherapy practice in the Washington, D.C. metro area since 1987. Teresa is a consultant and presenter internationally on women's health and wellness issues, stress and lifestyle management and managing change.

# Conference Agenda

**“There is more to this conference than meets the eye. In addition to educating women on how to be well and live healthier lives over 40, I also want them to experience what this feels like. If we can feel it, we can own it and then it is ours for life.”**

**- Rebecca Hulem**

The Feelin' Hot Conference is intended to provide education and information about menopause in a beautiful, relaxing setting. Rebecca has developed the agenda to allow each participant time to enjoy the benefits of Miraval Resort & Spa so that each attendee can leave rejuvenated and ready to live well!

## Thursday, June 26th

Check-in

Spa Treatments

Wine & Cheese Welcoming Reception

## Friday, June 27th

Morning: On Your Own to Enjoy Miraval Resort & Spa

1pm—5:30pm: Conference Sessions

Evening: On Your Own to Enjoy Miraval Resort & Spa

## Saturday, June 28th

Morning: On Your Own to Enjoy Miraval Resort & Spa


1pm—5:30pm: Conference Sessions

Evening: On Your Own to Enjoy Miraval Resort & Spa

## Sunday, June 29th

Morning: On Your Own to Enjoy Miraval Resort & Spa

Afternoon: Check-Out



Please contact Rebecca Hulem or visit  
Rebecca's web site for more information.  
Web Site: [www.TheMenopauseExpert.com](http://www.TheMenopauseExpert.com)  
Phone: 818-425-2886  
Email: [rebecca@themenopauseexpert.com](mailto:rebecca@themenopauseexpert.com)

# *Conference Agenda*

*Friday, June 27th*

Morning:

On Your Own to Enjoy the Benefits of Miraval Resort & Spa

1:00pm – 2:00pm

The Magic and Madness of Menopause

*Emotional and Psychological Effects*

Teresa Proctor Kraegel, APRN

2:00pm – 3:00pm

Obesity Risks

*Hormone Imbalance and Its Impact on Women over 40*

Dr. Sabina Kobylinski

3:00pm – 3:15pm      Break

3:15pm – 4:15pm

Getting Rid of the Midlife Bulge

*Weight Loss and Exercise for Women Over 40:*

*Medically Supervised Weight Loss*

Dr. Sabina Kobylinski


4:15pm – 5:15pm

Where Oh Where Did My Libido Go?

*Improving Intimacy and Sexual Satisfaction After 40*

Rebecca Hulem, RN, RNP, CNM, Certified Menopause Clinician

5:15pm – 5:30pm      Rebecca Hulem Wrap-Up



Please contact Rebecca Hulem or visit  
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# *Conference Agenda*

## *Saturday, June 28th*

Morning:

On Your Own to Enjoy the Benefits of Miraval Resort & Spa

1:00pm – 2:00pm:

Coping with Hormonal Chaos

*Hormone Therapy for Women in Menopause – Where do we stand after WHI?*

Dr. Anita Nelson

2:00pm – 3:00pm:

Keeping a Solid Foundation

*Prevention, Diagnosis and Treatment of Osteoporosis*

Dr. Anita Nelson

3:00pm – 3:15pm      Break

3:15pm – 4:15pm:

An Eastern Approach to Menopause

*Understanding Traditional Chinese Medicine's Approach in Treating Menopause*

Johanna Hofmann, MBA, MAc., LAc.


4:15pm – 5:15pm:

While You Are Not Sleeping

*Causes of Sleep Disturbances and Treatments to Bring Back the Z's*

Rebecca Hulem, RN, RNP, CNM, Certified Menopause Clinician

5:15pm – 5:30pm      Rebecca Hulem Wrap-Up



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# Conference Registration

The 2008 Feelin' Hot—Women's Health & Wellness Over 40 retreat will be held at Miraval Resort & Spa in Catalina, Arizona. The resort offers free transfers from the Tuscon International Airport, located approximately 50 minutes from the resort. Miraval Resort & Spa has been ranked as the #1 spa by readers of Conde Nast and Travel & Leisure magazines.

The conference is open to anyone who would like to attend and will provide 9 CEU credits for professionals.

More information can be found online at [www.TheMenopauseExpert.com](http://www.TheMenopauseExpert.com).

## REGISTRATION FEES

**Conference Participation Fee:**  
\$200 per attendee

**Lodging Fees:**  
\$485/night single occupancy  
\$399/night double occupancy  
*Rates include all dining, snack/  
beverages, spa services and unlimited  
activities and classes. Rates do not  
include 12% occupancy tax or 17.5%  
service charge.*

**REGISTER TODAY!**

**Call Miraval Resort at  
1-800-232-3969**

**Tell them you are  
registering for the  
Feelin' Hot Conference.**

**Hurry...Registration  
closes on March 21st!**

Please contact Rebecca Hulem or visit  
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# *Miraval Resort & Spa*



*You're stay at Miraval Resort & Spa includes...*

*Luxurious Casita-Style Accommodations*



*Three Gourmet Meals Daily*



*All Snacks & Non-Alcoholic Beverages*



*One Spa Service Each Day or One Round of Golf*



*Unlimited Regularly Scheduled Activities*



*Round Trip Transfers from Tucson Airport*

At Miraval Life in Balance, each activity provides an opportunity to bring life more fully into balance. Ranked as the #1 spa by readers of Conde Nast and Travel and Leisure, Miraval opens the door to self-awareness and self-acceptance.

It's a destination resort where "mindfulness" is a way of life, a powerful way of approaching our lives to promote health and enjoy life. Thankfully, the benefits of "Life in Balance" are certain to last well beyond your stay.

Please contact Rebecca Hulem or visit  
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# Conference Sponsors

## GOLD SPONSOR



**Outlast Technology** brings the added benefit of temperature regulation to a host of different products that come into contact with your skin. From apparel and bedding to footwear, outdoor gear and beverage labels, Outlast® materials work with you to keep you comfortable: ...not too hot, ...not too cold, ...just right®.

## GOODIE BAG SPONSORS



**Estroven** is the leading over-the-counter menopause supplement brand in America. Estroven addresses symptoms before, during, and after menopause with specific products that address hot flashes, sleeplessness, and lack of energy. Each Estroven formula includes a unique combination of minerals, herbs and vitamins that are clinically shown to reduce menopausal symptoms.



**flashin' fannye's**™ premier collection of 8 hand held fans for the modern woman is the coolest accessory for the hottest women. A flashin fannye stops hot flashes naturally and instantly. They fit in any purse and match every outfit. Be comfortable, fashionable, beautiful, and in control. Prices start at \$14.00.



**Emerita**—We are a women owned and operated company located in Portland Oregon. We have been passionately providing natural personal care products for women since the 1970s. What started as products for peri-menopause and menopause products has grown into a range of products specifically formulated for women over 40 that now include skin care and sexual vitality products.



**Revival Soy** was developed by Dr. Aaron Tabor, MD because his mother was having a miserable time with menopause and she wanted a natural solution. As a physician he knew there must be another way he could solve her menopausal issues. Dr. Tabor began creating products with his mother in 1998 and now heads up the company and their extensive product line of bars, shakes, soy chips, nuts and pasta.



### **Remifemin® Menopause Relief 24/7**

Clinical studies show up to a 70% improvement in hot flashes, night sweats, irritability and mood swings with RemiSure™ Black Cohosh. Get relief plus sleep with Remifemin® Good Night. Natural and hormone free, both can be used safely by women with a history of breast cancer who cannot take estrogen.



**Luna** makes LUNAbar, the whole nutrition bar for women and other wholesome nutrition products. LUNA is dedicated to helping women meet the specific nutritional requirements to maintain active lifestyles. We take a whole-life approach, trying to embrace healthy living and bring communities of women together. When we feel well-nourished, we are more in tune with ourselves and the world around us.