

# Muhlenberg Women's Weekend

LIVE | LEARN | LEAD | June 9-11, 2017

## Schedule of Events

### Friday, June 9

#### Afternoon

- 2 p.m. **Fun Run/Walk**  
*Jog or walk along a planned route starting and ending on campus, led by Becky Gorton '62.*
- 2 p.m. **Golf**  
*Enjoy nine holes at Allentown Municipal Golf Course with fellow alumnae, coordinated by Joan Triano '81. \$26 to ride/\$18 to walk payable to the course upon arrival.*
- 2 – 5 p.m. **Massage or Reiki**  
*Reduce stress and schedule a session for massage or reiki. Additional fee required.*
- 4 p.m. **Tour the Campus**  
*Check out old haunts and new digs on campus, led by our fabulous student tour guides.*

#### Evening

- 6 – 8 p.m. **Welcome Reception**  
*Kick off the weekend, mingle and toast the trailblazers who established a women's presence at Muhlenberg. You won't want to miss this special celebration!*
- 8 p.m. **Living Here in Allentown**  
*Sample the newly reinvigorated nightlife scene in downtown Allentown. This coordinated tour of eateries and bars will be led by Deb Clay-Alston '98, P'14 (transportation provided). Food and beverages available at your own expense.*

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## Saturday, June 10

### 7 - 8 a.m. Early Riser (optional)

- **Yoga** with Laura Thompson '10  
*A flowing sequence of postures linked together by breath. Step-by-step verbal description and demonstration provided.*
- **Beach Body Boot Camp** with Heather Lavin '08  
*Get your blood pumping with this fat-burning workout. This full body workout includes toning and cardio for every level. Get ready to sweat!*
- **Morning Reflection**  
*Exercise for your mind and soul - reflection serves as the bridge between experiences and learning from them. This introspective session will provide guided meditation and preparation for the day ahead.*

### 8 a.m. Registration and breakfast

### 9 - 9:30 a.m. Welcome

#### **LIVE Sessions**

*Live activities are intended to explore the artistic, creative and spiritual side of being a woman.*

### 9:30 a.m. - 11 a.m.

- **The Art of Appreciation**  
Callista Isabelle, Muhlenberg College Chaplain  
*Giving thanks is not just for Thanksgiving! An interactive workshop focused on taking stock of life's blessings, and a chance to practice expressing gratitude!*
- **Capture the Moment: A Quick Guide to Taking Better Photos**  
Candace Dobro '79  
*Who isn't taking photos on their phone these days? Learn how to maximize the quality of your shots and how to best share your images with family and friends.*
- **Brush Strokes: Learn to Paint Like a Pro**  
Martha Knouss '68  
*Different strokes for different folks - no matter your skill level, take this opportunity to paint alongside a skilled artist and get some tips. Seating is limited.*
- **Shall We Dance: An Introduction to Tap Dancing**  
Rebekkah Brown '99 Vice President, Advancement  
*Emma Stone and Ryan Gosling learned to tap for this year's Oscar-nominated film "La La Land," and now you can learn too. All skill levels welcome, no tap shoes required!*

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## LEARN Sessions

*Learn conversations will empower attendees to practice the skills, ideas and habits that ensure a healthy, successful life and career.*

11:15 a.m. - 12:45 p.m.

- **This Is Not What I Expected...**

Natalie Hand '78

*Whether change has been thrust upon you, or you're feeling stuck and ready to grow, stepping into the unknown can be a little scary. This session will help de-escalate your fears by inspiring you to move forward. Whether your desire is to grow professionally or personally, or to just enjoy life more, this is the launching pad to a brave new you.*

- **Women's Health: Making Wellness a Priority**

Maria Rodale '86, Eliana Hempel '08

*How can busy women optimize their health and well-being? What preventative measures can women take to reduce the risk of illness and disease? Join our panel to learn more about the manageable actions you can take to achieve optimal health.*

- **Financial Success: Learning Healthy Money Habits**

Courtney Lisecki '88

*Balancing a physical checkbook may be a thing of the past, but planning for your financial needs remains as important as ever. Our panel of financial experts will help you strategize for today, tomorrow and beyond.*

- **The X Factor: Creating Your Brand**

Carol Papazian '79, Deb Clay-Alston '98, P'14

*Whether you are trying to ace a job interview, sign a new client or promote your business, it is critical to sell yourself. From portraying a physical presence to speaking the language, attendees will walk away from this interactive session armed with the ability to position your value, not just your résumé.*

1 - 2 p.m. Lunch

2 - 3:30 p.m. Keynote with Dr. Lucy J. Puryear '81

*Women's Mental Health: Where we've been, where we're going and how I came along for the ride.*

### About the Presenter

*Dr. Lucy J. Puryear '81 has become a nationally-known psychiatrist, author and women's advocate, although she may not have planned it that way. During her undergraduate days as a psychology major, she was active in the Muhlenberg Theatre Association, but shortly after graduation felt another calling that led her to medical school. Today, Puryear is an associate professor in the department of obstetrics and gynecology and the Menninger Department of Psychiatry and Behavioral Science at the Baylor College of Medicine. She holds the Maureen Hackett Endowed Chair for Reproductive Psychiatry, and is also co-director of The Menopause Center at Texas Children's Pavilion for Women. She has conducted research in areas critical to the health of women and children, in addition to being a published author of a popular book on emotional health of pregnant women and mothers.*

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## LEAD Sessions

*Lead discussions will empower attendees to lead, take risks and make a real impact on a world that needs female leadership, now more than ever.*

**3:45 - 5:15 p.m.**

- **Women in the World: Changing the Culture through Female Leadership**  
Lauren Anderson '79, Laura Thompson '10  
*It's a key time for women to step forward in leadership around the world - this session will examine the ways in which women lead differently, and how they can impact change on many levels.*
- **Let's Talk: How to Negotiate with Confidence and Effectiveness**  
Nancy Lauby '79, Allison Neary '79, P'14  
*Effective communication varies in different situations and stages of life - join this panel to hear tips and tricks for improving your style!*
- **Own It: The Fundamentals of Entrepreneurship**  
Martha Knouss '68, Sharon Mahn '90, Rita Chesterton  
*Where to begin? Many a brilliant idea has been scuttled by fear and uncertainty. Hear from alumnae who have achieved their entrepreneurship goals, and participate in an open discussion to address questions and obstacles.*
- **Serving the World: Impact Through Volunteer Leadership**  
Tammy Bormann '83, Catherine Schwartz '11  
*Do you seek to make a difference in the world beyond your family and professional pursuits? What social issues animate your personal commitments and passions? Join us for a thoughtful conversation about the intent, impact and possibilities of women in volunteer leadership.*

**6 - 7 p.m. Hors d'oeuvres and cocktails** hosted by Muhlenberg's first lady, Diane Williams

**7 - 9 p.m. Dinner**

**9 p.m. Women Through the Years: 'Berg and Beyond**

*A special performance featuring our highly talented alumnae and coordinated by Dana Ianuzzi '03.*

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## Sunday, June 11th

### 7 - 8 a.m. Early Riser

- **Yoga** with Laura Thompson '10  
*A flowing sequence of postures linked together by breath. Step-by-step verbal description and demonstration provided.*
- **Cycle** with Diana Tirendi '07  
*Come along for the ride! This cardiovascular, interval workout has the high energy of a group setting while allowing you to follow along at your own pace on your stationary bike – all set to a playlist of top hits by female artists!*

### 8 - 11 a.m. Farewell Breakfast