

The Wayne County Foundation is pleased to bring you this one-day conference focusing on empowering women.

The Wayne County Foundation exists to foster and encourage private philanthropic giving, to enhance the spirit of community and to improve the quality of life in the Wayne County area now and for future generations.

Conference Steering Committee

Becky Codiano, Therapeutic Solutions

Sara Coulter, First Bank Richmond

Gina Ruffcorn, Dot Foods

Diana Neanover, Wernle

Darla Randall, Birth-to-Five

Erma Rich, Community Volunteer

Stephanie Hays-Mussoni, Cope Environmental Center

Rachel Hughes, Wayne County Foundation



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Empowering Women

LOOKING
TO
THE
FUTURE
CONFERENCE

October 29, 2010
Fountain City Wesleyan Church
5600 US 27 North - Richmond

Presented by the
Wayne County Foundation

8:00 - 8:30 Registration, Networking, and Breakfast

8:30 - 10:00 Valerie Porter, CFP, Summit View Financial, presents an opening session on the power of choice, wisdom, gratitude, clarity, confidence, action and persistence. Yeah, you're gonna want to hear this!

10:15 - 11:15 Morning Workshops (You will attend one)

Healthy Eating For Your Body, Your Family, and the Planet

There are so many new foods out there. Researchers spend millions of dollars putting together new "food" for consumers every day. Very little of this is "real" food. Many of the foods we unknowingly consume are full of chemicals and additives that have a negative effect on our bodies rather than the energizing effect food is meant to have. Join Becky Codiano, Therapeutic Solutions, and Stephanie Hays-Mussoni, Cope Environmental Center, as they share their experiences while traveling the road to healthy eating. Jen Ferrell, Who Cooks for You, and Kiersten Aubre, Clear Creek Coop, will share their knowledge and experience of healthy cooking with a cooking demonstration.

Things You Need to Know But Hate to Ask: Insurance and Planning For the Future!

Two important topics. One easy-to-understand workshop. We'll start with some basic legal information: what happens to a person's belongings if there's no will. The outcome might be different than you think! Local attorney Amy Noe will discuss the basics of planning for your future and why it's important to have a plan. THEN - Thinking about and understanding insurance can be tough, but you can join Penny Lakoff from Harrington Hoch Insurance for an easy-to-understand conversation about the most neglected part of your insurance portfolio- Life Insurance. You get car insurance *because you have to*. Home insurance *because your bank says so*. You don't have to protect your family if you're gone, but **you want to**. Don't you? Penny will tell you why it's important.

11:30 - 12:00 Zumba your way into your skinny jeans!

Never heard of Zumba? Well, we'll show you! Join Cari Sweigart and her team as they demonstrate Zumba and dance us into lunch.

12:00 - 12:30 Lunch and networking

12:45 - 1:45 Afternoon Workshops (You will attend two)

Achieving Your Financial Goals

Perhaps reaching your financial goals isn't just about making more money. Join Valerie Porter as she helps you explore the "why" behind your goals; checkpoints on the road to success and how those align with your values; and facing the threats while embracing the opportunities you'll encounter.

Women Who Have Succeeded:

'Greening' Their Business and Their Home Life

Local, successful women will discuss what they have done to make their businesses more environmentally responsible while improving the bottom line. Included will be how their "Green Philosophy" is woven between their professional and home lives. Participants will have the opportunity to ask questions and share their successes. Guest Panelists: Amy Brattain - #1 Polymer Source; Jen Ferrell, Who Cooks for You; Gina Ruffcorn, DOT Foods; and Stephanie Hays-Mussoni, Cope Environmental Center.

Finding Your Creative Outlet

Many women are looking for a creative outlet that doesn't require a significant investment in time or money and while fashion trends come and go, the use of beaded jewelry has consistently remained relevant in the world of fashion. We've got a brilliant idea! Handcrafted jewelry. Join Marilyn Riggs, owner of The Bead Shop in Richmond, as she shares her experiences as a female entrepreneur and walks you through the process of creating your own unique bracelet, including choosing a bead combination and assembling it! Once you learn these simple skills, you will be able to make beautiful, personalized gifts. Come curious, leave an artisan!

1:45 - 2:15 Networking Time and Dessert

2:15 - 3:15 Enjoy your second afternoon workshop

3:15 Wrap up and Door Prizes!!