

Publication: SWIN;Date: Mar 2, 2010;Section: Local News;Page: 10



ECHN to partner with Greater Hartford Women's Conference

BY JOAN HUNT ReminderNews Editor

What better way to reach out to women about health care issues than at a conference focusing on women? Cochair and founder of the Greater Hartford Women's Conference, Mona Lee, believes the partnership between the conference and its signature sponsor, Eastern Connecticut Health Network (ECHN), is a very natural one.

Lee, who is also branch manager of the South Windsor and Tolland offices for Savings Institute Bank and Trust Co., added that having ECHN, a leader in women's health issues, at the conference "will help to ensure that women receive the information they need to live their everyday lives in good health and with purpose."

The theme of this year's conference is "Reach." The Greater Hartford Women's Conference, which is a program of the South Windsor Chamber of Commerce and presented by ECHN, will be held on Wednesday, April 28, at Maneeley's Banquet and Conference Center in South Windsor. It consists of an all-day opportunity for women of all ages and walks of life to come together for professional development, education and networking.

One key message that ECHN hopes women will take away from the conference is the importance of paying attention to their health and scheduling important screenings and tests – like mammograms and bone density screening – at the appropriate times. "Women often don't focus enough on themselves or make their health a priority, because of families, jobs and other responsibilities. It is important that, when it comes to their health, women take the time and put themselves first," said Kate Sims, ECHN vice president of operations. Sims will also participate in a panel discussion on "Courage and Commitment: Reaching to Achieve."

ECHN will also be an exhibitor. ReminderMedia is another scheduled exhibitor, bringing copies of its most recent issue of Living Healthy, a local bi-monthly health and wellness publication with several articles dedicated to women's health issues.

To register for the conference, featuring former "Good Morning America" co-host Joan Lunden and author and humorist Gina Barreca, go to www.greaterhartfordwomensconference.com or call the SW Chamber at 860-644-9442. Early registration before March 31 is \$129. After March 31, it is \$149.



Mary Jones of 'The Mary Jones Show' and author Gina Greenlee at last year's event. File photo by Saint-Onge Portrait Design, LLC.