

# Mistress of Her Own Fate

**A Cautionary Tale in Three Acts about  
Caring for Ourselves**

***Saturday, March 27 8:30am - 1:30pm***

**Produced By** Women's Health Education Coalition

**Moderated By** **Beth Barnard**  
*Advertising Director  
Amador Ledger Dispatch*

**Act 1** **A Bite of Prevention**  
Dr. Bill Frey, D.D.S

**Act 2** **We Are Our Body's Keeper**  
Jan Migliaccio

**Act 3** **Searching for Truth...**  
*Seeing Through the Lies, the Rumors and  
the Ever-Changing "Facts"*  
Eve Melton, MLIS, AHIP

**Sponsors** Amador County Branch AAUW  
Amador County Commission on Aging  
Amador County Behavioral Health  
Amador County Senior Citizens, Inc.  
Sutter Amador Hospital  
Gold Country Health and Wellness  
Women's Health Education Coalition  
First 5 Amador

**Objectives**  
*Upon completion of this  
program, participants  
will be able to:*

1. Discuss the importance of oral health and how it is "more than your mouth."
2. Critically evaluate the veracity of information on various medical websites.
3. Describe the advocacy process as related to healthcare.

**Catering** **Healthy locally grown lunch provided!**



## Registration



### Pre-Registration is Required

There is no registration fee, however please register in advance as space is limited and the day's program includes continental breakfast & lunch.

Please complete the following and bring or mail to the Amador Senior Center by **March 19th**. Telephone registration **cannot** be accepted.

Donations to support future events will be gladly accepted. Checks can be made out to: ACSC (Amador County Senior Center).

*Free child care will be provided by First 5 Amador.*

**Mail registration form to:**  
Amador Senior Center  
Attn: Judy Lerner-Liston  
229 New York Ranch Rd.  
Jackson, CA 95642.  
Telephone: 223-0442.

**Name :** \_\_\_\_\_

**Address :** \_\_\_\_\_

**City :** \_\_\_\_\_ **Phone :** \_\_\_\_\_

RN's:  
2 CEU's available for \$15.  
Provider approved by Calif.  
BRN Provider #01285  
for 2 contact hours.

Child Care Needed  
\_\_\_ Number of Children  
Ages of each child:  
\_\_\_\_\_