



Northwest Iowa
Community College

603 West Park Street
Sheldon, Iowa 51201
Phone 712-324-5061 or
toll free 1-800-352-4907, Ext. 105

May 19, 2010

NEWS RELEASE

*May be published
when received.*

Northwest Iowa Community College and Iowa Lakes Community College Announce 6th Annual Lakes Health Conference

Northwest Iowa Community College and Iowa Lakes Community College are co-sponsoring the 6th Annual Lakes Health Conference to be held June 10 & 11 at Arrowwood Resort & Conference Center, Okoboji, IA. The theme for this year's conference is *Life's a Beach and There Is Sand in My Swimsuit*.

The conference will focus on disabilities, challenges and obstacles life brings. Featured speakers will include Amy Roloff, *Little People, Big World*, reality TV star. Along with Pat McGill, nationally recognized motivational speaker; Carol Hill, Domestic Violence Services Coordinator, Family Crisis Center of Northwest Iowa; Kimberly Alyn, bestselling author and international professional speaker; Rita Parkowitz, motivational story teller; and Deb Sobolt, Director of Women's Health, Avera McKennan Hospital & University Health Center.

The agenda for the conference is:

Thursday, June 10, 2010

Remember Your Sunscreen

—Pat McGill, Pat McGill Speaking/Training

Rebuilding Sand Castles

—Carol Hill, CDAIII, Domestic Violence Services Coordinator

Welcome to Griefland (Grief and Loss)

—Rita Paskowitz, Professional story teller, Educator/Facilitator, Curriculum Designer, Presentation/Storyteller Coach

How to Deal With Annoying People

—Kimberly Alyn, Best-selling Author & Professional International Speaker

Friday, June 11, 2010

Beach Body Inside Out

—Deb Soholt, RN, CAN, MS, Director of Women's Health, Avera McKennan Hospital & University Health System

Be the Best You Can Be

—Amy Roloff, TV Reality Star of *Little People, Big World*

This is a wonderful opportunity to obtain continuing education credits (12 CEHs/1.2 CEUs), network with peers and have a great time at the Iowa Great Lakes. The event is open to nurses, health professionals, social workers, psychologists, mental health professionals and the general public.

Conference details and registration information can be found on the flier posted on the websites: www.nwicc.edu then click on "Continuing Education & Training" and then "Register Today" or www.iowalakes.edu. Participants may register or request a flier by calling NCC at 324-5061 or 800-352-4907. Preregistration must be made by noon on June 1.

Questions regarding the conference should be directed to Marilyn Stille, Northwest Iowa Community College, Continuing Education Coordinator, 800-352-4907, ext. 143, (mrstille@nwicc.edu) or Rosemary Coleman, Iowa Lakes Community College Health Programmer, 800-242-5108, ext. 5227, (rcoleman@iowalakes.edu).