Bone Health Matters!
Get Your Roadmap to Better Bone Health

Free Workshop
You can take action to build your road map for better bone health. Leave with specific tips on nutrition and fall prevention, which include a series of simple exercises to improve balance, strength, and flexibility.

While you are at the Carter Center you can visit The Jimmy Carter Presidential Library and Museum. Visit www.jimmycarterlibrary.gov for more information.

Thursday, October 10, 2019
Limited seating is available.

Two Sessions (pick one):
Morning Session: 9:30AM – 12:30PM
Afternoon Session: 1:00PM – 4:00PM

Register Online:

Location:
The Carter Center
453 Freedom Parkway • Atlanta, GA 30307

In Partnership With:
American Bone Health™
Georgia Power
**Program Schedule**

**Morning Session Option #1**

9:30 – 10:00AM  
Registration, coffee and snack

10:00 – 10:30AM  
**Introduction to Osteoporosis: What is it?**  
Sharon Baker, BSN, MN, CWHPN, WIN President and Founder

10:30 – 10:45AM  
**Physical Therapist Demonstration of Safe Ways to Exercise.**  
Emma Bausback, PT, DPT

10:45 – 11:15AM  
**How’s Your Balance? Testing and Balance Improvement Techniques, & Home Safety Tips.**  
Emma Bausback, PT, DPT

11:15 – 11:45AM  
**Focusing on Nutrition: Reading Food Labels & Bone Food Suggestions**  
Lauren Coheley, RDN, LD, CDE UGA Doctoral Candidate, Department of Foods and Nutrition

11:45 – 12:15PM  
**How to Diagnosis Osteoporosis and Treatment Options**  
Sharon Baker, BSN, MN, CWHPN, WIN President and Founder

12:15 – 12:30PM  
**Question and Answer, Program Evaluation, & Doorprizes**

**Afternoon Session Option #2**

1:00 – 1:30PM  
Registration, coffee and snack

1:30 – 2:00PM  
**Introduction to Osteoporosis: What is it?**  
Sharon Baker, BSN, MN, CWHPN, WIN President and Founder

2:00 – 2:30PM  
**Physical Therapist Demonstration of Safe Ways to Exercise.**  
Emma Bausback, PT, DPT

2:30 – 2:45PM  
**How’s Your Balance? Testing and Balance Improvement Techniques, & Home Safety Tips.**  
Emma Bausback, PT, DPT

2:45 – 3:15PM  
**Focusing on Nutrition: Reading Food Labels & Bone Food Suggestions**  
Lauren Coheley, RDN, LD, CDE UGA Doctoral Candidate, Department of Foods and Nutrition

3:15 – 3:45PM  
**How to Diagnosis Osteoporosis and Treatment Options**  
Sharon Baker, BSN, MN, CWHPN, WIN President and Founder

3:45 – 4:00PM  
**Question and Answer, Program Evaluation, & Doorprizes**

**Speakers**

Sharon Baker, BSN, MN, CWHPN, WIN President and Founder.  
Sharon is a retired women’s health nurse practitioner. She completed her nursing degree at Southern Illinois University and moved to Atlanta to begin her career at Grady Hospital in the labor and delivery unit. She began attending Emory University and completed a master’s degree in maternal-child health and then moved to Richmond, Virginia to teach at the Medical College of Virginia. After obtaining her certification at MCV as a women’s health nurse practitioner, she returned to Georgia. She has worked as a clinician, educator, and administrator. She founded the Women’s Information Network, Inc., in 1991 and has been organizing workshops of importance to the Northwest Georgia community for 27 years. She was appointed to the Georgia Commission on Women in 1999 by Governor Barnes and is still serving as the Chair of the Health Committee. She is a certified menopause practitioner and was awarded the “Innovation in Education” award by the National Association of Women’s Health Nurse Practitioners in 2017 and is serving on the 2019 conference planning committee and presenting a workshop on osteoporosis.

Emma Bausback, PT, DPT.  
Emma received her Bachelors of Science specialty in Dance, Indiana University, 2008 as well as her Bachelor of the Arts specialty in Theatre Management, Indiana University, 2008. She received her Doctorate in Physical Therapy in 2015 and since then has shared her love of movement and health with her patients. While in school Emma co-founded a journalism and research club, was Honor Council president, and her class representative. Emma has lived in multiple cities throughout the US, but after falling in love with Atlanta has made her home there. She loves to walk or bike the city and is active in dance, pilates, and yoga.

Prior to becoming a physical therapist, Emma was a dancer, dancing with the Jose Limon dance company in NYC. She is masterful in her ability to care for the performing artist whether they are dancers, musicians, actors, or stage hands. She has provided concierge services, in theatre care at the Fox Theatre, and toured with Broadway shows.

Her specialties include: Graston Technique, LSVT BIG, Spinal Manipulation Certified and Dance Rehab and Medicine.

Lauren Coheley, RDN, LD, CDE.  
Lauren received her Bachelors in Nutrition and Dietetics in 2018. After graduating from the University of Georgia in May 2012, Lauren Coheley completed a dietetic internship at Emory University Hospital. After re-connecting with one of her undergraduate mentors, Dr. Richard Lewis, Lauren decided to pursue a Doctoral degree in the Department of Foods and Nutrition, Bone and Body Composition Laboratory, in the College of Family and Consumer Sciences. Currently, Ms. Coheley is a 5th year Doctoral Candidate. Lauren has received number scholarships and awards. Most recently, Lauren was recognized as one of the University of Georgia’s amazing students. Additionally, Lauren just received word that she received a $10,000 scholarship from the Academy of Nutrition and Dietetics. Lauren has taught undergraduate classes and has received the Outstanding Teaching Assistant award from the UGA Office of Instruction in 2018. Lauren has had the unique opportunity to serve as the President of the Northeast Georgia Dietetics Association and as the President of the College of Family and Consumer Sciences at UGA Alumni Board. She received the Emerging Leader in Dietetics Award from the Georgia Academy of Nutrition and Dietetics in 2018.

**The Jimmy Carter Presidential Library and Museum Opportunity**

Consider having lunch before or after the workshop at the café next door to our workshop and a tour of the Jimmy Carter Library and Museum. It is one of thirteen national presidential libraries and right here in Atlanta! The Center features a permanent exhibition on the life and presidency of Jimmy Carter and the Museum features ongoing temporary exhibitions. As a visitor, you can step into an exact-sized replica of the Oval Office, decorated the way it was during the Carter Administration. You can experience, “A Day In the Life of the President” and see exquisite State Gifts and take a virtual trip with the Carters to fight disease and promote human rights as part of their work with the Carter Center. Tour the gift shop for souvenirs and books by resident and Mrs. Carter all for a $10 fee.