

NURTURING OURSELVES, HEALING OURSELVES

A Health and Wellness Fair for Lesbian, Queer,
and Same Gender-Loving Women

MAR 26 | Stonewall Columbus | 160 N. High St. | Columbus, OH 43201

TIME	EVENT/PRESENTATION	LOCATION
10:30	Welcome! - Julia Applegate	
11:00 AM — 3:00 PM	Healing and Resources Open House: <ul style="list-style-type: none"> • Restorative Healing - Arnesia McMillian • Shiatsu Massage - Kim Fortier • Herbalist - Cynthia Taylor • Nutrition/Fitness - Rokki Bonner • Mindfulness/Meditation - Asegedech Kumnegere • Qigong - Helen Yee • Sexual Health/Pleasure - Debra Shade • Sexual and Gender Minority Health Research - Liz Arthur & Joanne Patterson • Ohio Womyn's Intentional Living Communities - Adlai Neubauer • Blood Pressure and Glucose Screening - Equitas Health RN Care Coordinator Team 	1st Floor Multipurpose Room
11:00 AM	Presentation: Breast and Chest Health - Ramona Peel, MA	Owens & Kowalski Gallery
12:00 — 1:00 PM	Lunch & Entertainment (Bibibop Catering & Sister Ngome)	Main Lobby
1:00 — 3:00 PM	Drumming for Wellness Workshop - Wahru	2nd Floor Atrium
1:00 PM	Presentation: Queer Family Planning - Kara Malone, MD	Owens & Kowalski Gallery
1:30 PM	Presentation: Let's Talk About Menopause - Jean Marino, APRN-CNP	Owens & Kowalski Gallery
2:00 PM	Presentation: Lesbian Needs Assessment - Michele Battle-Fisher, MPH	Owens & Kowalski Gallery
2:30 PM	Presentation: Aging Concerns in Queer Women - Christian Gausvik, MD	Owens & Kowalski Gallery
3:15 PM	Closing remarks/Evaluation/Raffle Drawing	1st Floor Multipurpose Room
Top of every hour (except noon)	15-minute Qigong Demonstration - Helen Yee	3rd Floor Atrium
By Appointment	Arthur G. James Cancer Hospital and Richard J. Solove Research Institute Mobile Mammography Screening Program	E 4th Street Mobile Unit

Note: Single all-gender restrooms available on each floor. No changing stations at this time.