

Living Well at Any Age 1/2 day Conference

Event Agenda

Tuesday, May 10, 2016 at 7:30am ET - 12:00pm ET

i All times listed in Eastern Time (US & Canada).

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8:40am - 9:30am

Creating Life Balance: Inspiring Lessons on Living a Life of Balance, Service and Happiness

Holly Maloney An RN for 36 years, Holly is a trained Doula, a Reiki practitioner and has been practicing yoga for over a decade. She teaches Yoga at the Be Healthy Institute in Hamburg, NY and for healthcare practitioners. Holly is also a pastoral assistant at Trinity Episcopal Church, coordinating educational programs, mentoring youth and officiating at weddings. A community activist, Holly focuses her energy support for immigration, anti-racism and on wellness for women and children. She is a passionate advocate for life balance – finding some space every day for self-care in order to live a healthier life.

9:30am - 10:30am

Anxiety and Depression: Relief and Renewal Through Treatment

Lynne Rifkin Shine, LMHC, CRC has been practicing personal counseling since 1984. She is a graduate of Boston University where she earned her Bachelors and Master's degrees in Rehabilitation Counseling. After she became a Certified Rehabilitation Counselor, she began a 13-year professional affiliation with Spectrum Human Services. In 1994, Lynne founded Audubon Counseling to provide counseling care services to adults, children, and teens throughout Western New York. The private practice has continued to grow with direct referrals from physicians, attorneys, schools and peer counselors. Lynne specializes in working with clients struggling with depression and anxiety related to marriage and divorce, parenting, infertility, infidelity and grief and loss. She has been featured at seminars as well as in the local media for her expertise in numerous counseling topics.

10:50am - 11:50am

HPV: A Vaccine Preventable Disease Affecting Males and Females Throughout the Lifespan

Dr. Burstein Commissioner of Health for Erie County Dr. Gale R. Burstein is the Erie County Commissioner of Health and a Clinical Professor of Pediatrics at the SUNY at Jacobs School of Medicine and Biomedical sciences. Dr. Burstein attended SUNY at Buffalo School of Medicine; completed a pediatric residency at Case Western Reserve University-Rainbow abies and Children's Hospital in Cleveland, OH; received Adolescent medicine fellowship training at the University of Maryland; completed an TD Prevention fellowship and a Masters in Public Health at Johns Hopkins University in Baltimore, MD; and worked as a Medical Officer at the enters for Disease Control and Prevention. Dr. Burstein is currently working on strategies to decrease opioid-related deaths and improve access to sexual health care services in Erie County. Dr. Burstein, a pediatric Adolescent Medicine physician, has been published in various scientific journals, including JAMA, Pediatrics, Obstetrics and Gynecology, Clinical infectious Diseases, and Sexually Transmitted Diseases.