



The Chicago Bar Association Young Lawyers Section

Health & Wellness Fair

Tuesday, November 27, 2007

Program - 4:00-6:00 p.m. • Reception 6:00-7:00 p.m.

Complimentary CBA Member • \$20 Nonmember – pay at the door

To register, send an email to yls@chicagobar.org

In the hustle and bustle of the everyday practice of law, it can be difficult to make time for yourself and your health. Spend a few hours and learn simple steps to a healthier you.

PLENARY SESSION: THE LATEST IN HEALTH & WELLNESS (4:00-4:45 p.m.)

A panel of speakers will address hot button issues in health and wellness.

The Latest in Cancer Treatment and Research

Dr. Martin Murphy, *Convener & Chief Operating Officer, CEO of the Roundtable on Cancer; Founder & Executive Editor, The Oncologist, a monthly peer-reviewed cancer medicine journal*

Wellness for Lawyers: An Action Plan

Dr. Elif E. Oker, M.D., F.A.C.E.P., *Medical Director I, Blue Cross Blue Shield Illinois/HCSO*

The Blue Cross Blue Shield Wellness Initiative

Carolyn Clift, *Vice President, General Counsel and Assistant Secretary, Blue Cross Blue Shield of Illinois, Health Care Service Corporation*

Jenner & Block's Adoption of the CEO Gold Cancer Standard for Its Employees

Gregory S. Gallopoulos, *Managing Partner, Jenner & Block LLP*

BREAKOUT SESSIONS (Participants will choose 2 breakouts from the following list)

Session A (4:55-5:25 p.m.)

• The CEO Cancer Gold Standard

Speakers: **Dr. Martin Murphy**; **Gregory S. Gallopoulos**; and **John N. Dornan Jr.**, *Executive Director, CEO Cancer Gold Standard*

An in-depth discussion of the CEO Cancer Gold Standard.

• The Blue Cross Blue Shield Wellness Initiative

Speaker: **Carolyn Clift**

A in-depth discussion of the Blue Cross Blue Shield of Illinois Wellness Initiative.

• Proposed Catastrophic Illness CBA Committee

Speaker: **Jeffrey Burger**, *Pedersen & Houpt*

Learn more about the new proposed committee on catastrophic illness.

Session B (5:30-6:00 p.m.)

• Stress Relief/Meditation

Speaker: **David J. Pritchard**, *Salvi Schostok & Pritchard P.C.*

Learn the physical and psychological benefits and meditation, followed by some basic techniques.

• Better Nutrition

Speaker: **Susan Oxman, MS. RD.**, *Health Coach, Interactive Health Solutions*

Learn how to make the Food Guide Pyramid work for you, including evaluating your current eating habits and setting your own nutritional goals.

• Benefits of Massage Therapy

Speaker: **Jasmine Liscic**, *Licensed Massage Therapist, Instructor, South Suburban College*

MEET & GREET RECEPTION (6:00-7:00 p.m.)

After the breakout sessions, attendees are invited to attend a reception featuring complimentary beer and wine and appetizers. This is a great opportunity to meet the speakers and mingle with fellow attendees in a casual environment.

