



**DELAWARE TECHNICAL & COMMUNITY COLLEGE**  
**TERRY CAMPUS – CORPORATE TRAINING CENTER (SCARBOROUGH RD ENTRANCE)**  
**DOVER, DELAWARE**  
**APRIL 16, 2011**  
**8:00 AM – 5:00 PM**

**LAST NAME**  **FIRST NAME**

**ADDRESS**

**CITY**  **STATE**  **ZIP**

**PHONE (DAY)**  **EMAIL**

**BRANCH OF SERVICE**  **TOTAL YEARS**

**DATES OF SERVICE: FROM YEAR**  **TO YEAR**

Please circle four (4) workshops you would like to attend from those listed below  
(descriptions are listed on the next page):

1. Women Veterans Benefits & Beyond
2. Parenting Strategies for Veterans and their Families
3. Emerging Issues in Women's Health
4. Understanding Your Financial Health
5. Dealing with Difficult People
6. Understanding PTSD & MST
7. What Kind of Diet is Best for Me?
8. Transitioning to the Civilian Workforce

**Symposium Registration fee - \$20.00**  
(includes continental breakfast and lunch)

**Please mail this form with a check payable to "Veterans Affairs" to:**  
**Delaware Commission of Veterans Affairs**  
**Attn: Sherri Taylor**  
**802 Silver Lake Blvd, Suite 100**  
**Dover, DE 19904**

**Please see a description of each workshop listed below:**

- **Women Veterans Benefits & Beyond** - *Ever wonder about what federal and state benefits you may be entitled to, but aren't receiving? Find out more about: disability compensation, veterans pension, vocational rehabilitation, medical care, survivors benefits, and much more. (Instructors – Ms. Melanie Bronov & Ms. Laurie White, Delaware Commission of Veterans Affairs)*
- **Parenting Strategies for Veterans and their Families** - *This workshop will include the impact of military deployment on children including separation and reunion issues. Behavior problems, family communication, discipline tips for parents and parent support resources will also be included. (Instructor – Mr. W. Douglas Tynan, Ph.D., ABPP, Director of Program Development & Implementation, Nemours Health & Prevention Services)*
- **Emerging Issues in Women's Health** – *An update of various women's health issues to include: pap testing and mammogram screening current guidelines, sexually transmitted disease – where we are; osteoporosis – diagnosis and treatment; contraception overview and planning for pregnancy. (Instructor – Ms. Anne Brown, MS, NP, Women's Health Program, VA Medical Center)*
- **Understanding Your Financial Health** – *A workshop focused on helping you proactively understand the current economic conditions, with specific focus on home ownership (i.e. initial mortgage, modifications or refinancing), as well as credit reporting/scores. (Instructor - Citibank Financial Team)*
- **Dealing with Difficult People** – *Different behavioral styles effect the interaction between individuals and can ignite disagreements and stand-offs. Learn about the basic four behavioral styles and how to approach resolving conflicts using different tactics for each style. (Instructor - Ms. Linda Boone, LJ Boone & Associates)*
- **Understanding PTSD & MST** – *A Powerpoint presentation and discussion of the understanding of the mental and physical impact associated with Posttraumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST). (Instructor - Ms. Susan Barton, VA Medical Center)*
- **What Kind of Diet is Best for Me?** – *An update of various diets which will include: Adkins Diet, South Beach Diet, Blood Type Diet, Sacred Heart Diet or Cabbage Soup Diet, as well as other quick weight loss diets. (Instructor - Ms. Julie Clymer, RD, VA Medical Center)*
- **Transitioning to the Civilian Workforce** – *Don't miss this great opportunity to learn how to best leverage the skills, attributes and experience that you gained during your service in the Armed Forces. During this seminar, we will help you create a resume that translates and aligns your military service into skills that are commensurate with the needs of Corporate America or Small Business. In addition, we will discuss dressing for success, interview preparation and creating an enthusiastic positive presence when interviewing. (Instructors - Citibank Financial Team)*

Following lunch, stress reducing classes are available for your participation **(It is not necessary to select a class prior to participation):**

◆◆◆ **Tai-Chi** – Learn how to create balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body. (Instructor – Tony Burton, YMCA)

◆◆◆ **What's for Dinner? Is It Healthy? Would You Pass a Food Safety Inspection?** – Planning and preparing healthy menus and foods will be discussed. A quick, healthy recipe will be demonstrated along with tips for safely preparing and storing it. (Instructor – Dr. Sue Snider, Professor/Food Safety and Nutrition Specialist, University of Delaware Cooperative Extension)

◆◆◆ **Organic Herb Gardening** - Discover herb gardening specific to the climate of the DelMarVa region, as well as, ways to do so without the use of pesticides or other non-organic means. Learn how to grow and use herbs to support a healthy family lifestyle, void of chemicals. (Instructor – Dr. Art Tucker, Delaware State University)

**ON-SITE INFORMATIONAL BOOTHS**

**Delaware Breast Cancer Coalition**

**Delaware Commission for Women**

**Division of Human Relations**

**Delaware Commission of Veterans Affairs**

**Delaware Hospice**

**Delaware Military Heritage & Education Foundation**

**Department of Labor**

**Delaware National Guard**

**Department of Veterans Affairs (Regional Office & Medical Center)**

**Blood Pressure Screenings**

**Congressional Representatives**

**Small Business Administration**

**Vet Center**

**Veterans Organizations**

**(You may visit the Informational booths throughout the day)**

**REGISTRATION FEE MUST BE RECEIVED BY APRIL 4, 2011.** Note: Receipt of your registration fee confirms attendance and workshop selection.

**SEATING IS LIMITED!**

**~~~~~ DOOR PRIZES ~~~~~**

**FOR FURTHER INFORMATION, CONTACT THE COMMISSION OFFICE AT 302-739-2792 OR 1-800-344-9900 (IN STATE).**