



Women & Families Network

WFN's 2009 Annual Conference a Success

The 2009 Annual Women and Families Network Women's Health Conference took place on September 26-27 at the Depot Hotel in Minneapolis, Minnesota. Please click [here](#) to see the event flyer. This year's theme was "Life is a Full Circle: Finding Hope in the Midst of Change." This theme was chosen by our valued consumers of the WFN who participated in our annual meeting in February 2009. A goal of the conference is to create a safe place for the women to talk about their experiences and health care issues that are important to them, as well as get connected to services. They are not only HIV positive women, but more importantly, they are mothers, wives, daughters, sisters, aunts, partners and caregivers to themselves, their families and their communities.

One highlight of the conference was Dr. BraVada Garrett Akinsanya's presentation on "Doing Better for Yourself: Full Circle." Dr. Akinsanya shared with the women how to view their health holistically and to take care of their entire self. The women were really engaged and receptive to the topic. During this presentation women shouted out confirmations and acclamations expressing their health and wellness. In addition to this session, women chose from other breakout sessions including, "Living on a Fixed Budget", "HIV Medications and Women", and "Gynecological Women's Health." In the evening, there were various wellness activities offered, including a yoga class, manicures/pedicures, massage, and beading.

The Women and Families Network Women's Health Conference is very grateful for the opportunity to participate in the AIDS Trek event that provided us with the financial support to make our event possible for the women in our communities. The AIDS Trek also gave us an opportunity to support other friends and networks in the community that continue to fight the same fight we do, Stopping the Spread of HIV/AIDS, through testing, education, prevention and outreach.

If you would like to experience a Women and Families Network Women's Health Conference, please contact the WFN at info@wfnetwork.org.