

**Program Title:**                   **Women’s Health**

**Description:**                   We utilized the skills of a chapter member’s daughter: Kara Schuft, a practicing physical therapist at Good Samaritan Hospital in Portland, presented with great tact the facts regarding incontinence in women and the safe practices that can be employed to prevent it. As educators, women in particular are prone to less than healthy habits in this regard, and with training and practice, this health issue can become a non-issue.

**Use by Other Chapters:** This presentation could be a 30 – 45 minute program for a regular chapter meeting.

**Delta Kappa Gamma Society’s Purposes Served:**

- To stimulate the personal and professional growth of members and to encourage their participation in appropriate programs of action
- To inform the members of current economic, social, political, and educational issues so they may participate effectively in a world society

**Submitted by Jill Lang Representing Alpha Phi Chapter**

**March 8, 2010**