



First Session: Spotlight on Beauty

Saturday, October 18
2–6 PM

- 2:00–2:20 Registration
- 2:20–2:45 Opening Remarks and Welcome—Elsa Hoffmann, Liz Cunningham, Leah Sangster, Elyse Galloway and Theresa McCullough
- 2:45–3:30 A Brief Theology of the Body—Jessica Michaud
- 3:30–3:40 Q & A
- 3:40–4:10 Break-Out Sessions with Team Leaders/Snack
- 4:15–5:15 Nutrition Talk—Sarah Ducey
- 5:20–5:55 Team Time/Snack
- 5:55–6:00 Take a Pure Fashion Walk

Speakers

Jessica Michaud completed her Undergraduate degree in Theology, Religious Education and Catechetics from the Franciscan University of Steubenville. She obtained a Master's Degree in Counseling, with a Christian concentration, also from the Franciscan University. She is currently finishing a Master's in Sacred Theology, with a double concentration in Bioethics and studies in Marriage and Family, from the Pontifical John Paul II Institute for Studies on Marriage and Family in Washington, D.C. She has worked with youth for nine years as a catechist, both as a teacher and as a youth minister. Also, she has four years of experience as a therapist working with extremely troubled teenage girls and the homeless.

Sara Ducey is a professor of nutrition at Montgomery College in Rockville, Maryland. She has been teaching at the college level since 1990. In addition to teaching fulltime at Montgomery College, Sara teaches a nutrition course for the nursing school at The Catholic University of America.

Sara holds a Master of Science in Human Nutrition from Michigan State University. She is currently studying for a second degree—a Master's in Public Health at the University of Maryland, College Park. There she is specializing in Environmental Health Sciences. Sara is also a Certified Nutrition Specialist, through the American College of Nutrition.

Sara can be heard on the radio once a month on public affairs program, MetroTalk with Jerry Phillips. It airs on WFED, 1500 AM.