



PRESS RELEASE

CONTACT: Tracy Hubbard
Executive Director
757-809-7128

In Due Season To Host Its Total Wholeness Conference

Getting Your House In Order:
Mentally, Physically, Spiritually, and Financially

OPEN TO THE PUBLIC

September 10, 2011 ♦ Norfolk, VA
9 AM – 3 PM

Suffolk, VA, August 23, 2011 – In Due Season will host its Total Wholeness Conference: Getting Your House in Order: Mentally, Physically, Spiritually, and Financially on Saturday, September 10, 2011, from 9 AM to 3 PM (Registration begins at 8 AM). The event location is Second Calvary Baptist Church, 2940 Corprew Avenue in Norfolk, VA.

The conference is open to the public. Experts will present strategies **to help men and women live a healthy and happy life despite the recession, economic hardships, physical ailments, and the day-to-day challenges that are beyond our control.** The conference will offer a continental breakfast, four main speaker sessions, additional breakout sessions, exhibits, health screenings, and prize give-a-ways.

During the conference, In Due Season will offer an introductory R.A.P. (Respected And Protected) workshop to youth ages 12 – 17. R.A.P. values and celebrates the gift of life emphasizing that all should respect and protect their bodies, the vessel from which life is given. The program itself focuses on the four major risk factors (sexually transmitted diseases, obesity, substance abuse, and peer pressure) that can cause damage to the body, especially the reproductive system, and prevent one from living a quality life. For more information visit www.respectedandprotected.com. Parents/guardians attending the conference must pre-register their youth for the R.A.P. program.

For conference attendees, a small donation may apply:

\$10 in advance and \$15 at the door for adults
\$10 for senior citizens, military and educators
\$5 for college students and youth (12 – 17)
Free for 11 years of age and under

Note: Proper ID is required at the door.

Register now to secure your seat!

For more information and to register, visit In Due Season at www.idsm.org or call 757-809-7128.

About Our Main Session Speakers

Angela Harris

Session Title: Discovering Your Net Worth: You're Richer Than You Think

Ms. Harris is the owner of Third Millennium Education Group. She earned her MBA from Harvard Business School and served as a Wall Street Investment Banker. As an expert on financial planning, Ms. Harris has served as a consultant on a number of government and private-enterprise based engagements and has also provided financial instruction to members of the Washington Redskins football team, and most recently, National Football League (NFL) rookies as part of the "Business of Football: Rookie Edition" 2011 Symposium.

Rev. Dr. Geoffrey V. Guns

Session Title: Spiritual Enrichment: Discovering Your Inner Strength

Rev. Guns has served as the Senior Pastor of Second Calvary Baptist Church in Norfolk, VA for more than 25 years. He is a graduate of the School of Theology of Virginia Union University and completed his Doctor of Ministry degree from Howard University School of Religion. He has an active commitment to foreign missions work in Nigeria, Kenya, Israel, India, and the Caribbean. In addition, Rev. Guns has written numerous unpublished manuscripts and published two books, Church Financial Management: A Practical Guide for Today's Church and Spiritual Leadership: A Guide For Training Church Leaders.

Dr. Frank Lombardo

Session Title: A Healthier You: How to Decrease Stress and Increase Energy

Frank Lombardo is a Doctor of Chiropractic at Kempsville Chiropractic. Dr. Lombardo earned his Doctor of Chiropractic degree at Palmer College of Chiropractic in Davenport, Iowa. He has completed additional post-graduate training in sports injury, chiropractic pediatrics, radiology (X-Ray) and spinal rehabilitation, and is licensed by the Virginia Board of Medicine, Massachusetts Board of Chiropractors, and certified by the National Board of Chiropractic Examiners. Dr. Lombardo served as the official chiropractor for the Professional Golf Association (PGA) in 2004 at Hilton Head Island, S.C. He is also the past chiropractor for the Virginia Ballet Theatre.

Melody Moreno

Session Title: Mind and Body: The Importance of Mental Health for Overall Wellness

Ms. Moreno is a resident in counseling and holds a master's degree in counseling with an emphasis in marriage and family therapy from Regent University. She is currently a Ph.D. candidate in Counseling Education at Old Dominion University. She is certified in individual and group crisis intervention and the prepare/enrich inventories, which is a Christian based couples therapy approach.

Keith Hubbard

Session Title: Respected And Protected Introductory Workshop (Youth ages 12 – 17)

Mr. Hubbard earned his Ed.S. in Supervision from The George Washington University in Washington, D.C. and currently serves as an administrator with Suffolk Public Schools in Suffolk, VA. He is known for his accomplishments in the development and implementation of instructional methods that engage young minds and inspire parent/community involvement. He serves as In Due Season's R.A.P. coordinator, providing program curriculum, instruction and direction.

About In Due Season

In Due Season is a non-profit 501(c)(3) organization based in Hampton Roads, VA that focuses on infertility support, awareness and prevention. In Due Season provides support to those who have a difficult time conceiving or carrying a pregnancy to term. This includes educational information and workshops as well as financial assistance to help defray costs associated with medical treatments, adoption, mental health services, difficult pregnancies, and accommodations when coping with a loss. The organization also implements reproductive health and wellness programs in an effort to strengthen the body and prevent barren wombs in the future. (www.idsm.org)

R.A.P. is In Due Season's youth program for ages 12 -17 that values and emphasizes the gift of life and the importance of a healthy reproductive system. In a unique and memorable approach, trainers discuss how the reproductive system works, the major factors that can cause severe damage to the body, and ways to decrease the risk. Because of this program, youth are saying NO to teenage pregnancy, NO to sex, No to drugs and alcohol, NO to peer pressure and YES to taking care of their bodies. They are making a commitment to respect and protect the gift of life by respecting and protecting their bodies, the vessel from which life is given. (www.respectedandprotected.com)

#