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Jane Seymour

This year, The Well Healed Woman is thrilled to welcome Jane Seymour, an award-winning actress, activist, artist and proud mother of six children—including twin boys. Ms. Seymour’s role as Dr. Michaela Quinn on *Dr. Quinn, Medicine Woman*, blazed the trail for family-friendly programming. Apart from her busy life of acting and producing, Ms. Seymour is also a dedicated activist for a number of charities, seeking to improve children’s lives around the world. An established author, Ms. Seymour has written six books, the latest of which, *Remarkable Changes: Turning Life’s Challenges into Opportunities*, addresses how to overcome obstacles in life and includes a foreword by Christopher Reeve. A creative spirit constantly reinventing herself while balancing the professional and personal aspects of her life, The Well Healed Woman warmly welcomes Jane Seymour to this year’s conference.



Rose Weaver—a.k.a, “Menopause Mama”

Drawing on her experience as a performer and on her indelible senses of self and humor, Rose Weaver has been electrifying audiences all along the East Coast with her alter ego, “Menopause Mama.” Weaving in personal accounts from dozens of women Weaver interviewed while completing her MFA in Creative Writing at Brown University in Rhode Island, she honestly, accurately and humorously addresses menopause and aging in her one-woman performances. Audiences of all ages love her, and we’re sure you will too.



Lynn McCarthy, MS



Lynn McCarthy, MS, is an exercise physiologist and Manager of the Lawrence & Memorial Wellness Center at the Mohegan Sun. McCarthy holds multiple certifications including NSCA Personal Trainer, ACSM Exercise Technologist, Nutrition Specialist and numerous YMCA certifications. Lynn, an avid cyclist, “kayaker”, swimmer and aerobics instructor, has developed and coordinated fundraising events focused on endurance activities such as swimming and cycling, which have raised over \$150,000 to date and benefit children with cancer.