

**POWER  
YOUR LIFE**

# A HEALTH AND WELLNESS SYMPOSIUM

The Power Your Life symposium is designed to provide women over 40 — and all those who support them — with tools and resources to help them live longer, stronger and better as they age.

**SATURDAY, JAN. 24, 2026**

**8 a.m. to 12:30 p.m.**

*(Registration begins at 7:30 a.m.)*

In-person and online: The Olsen Center in the Des Moines University Clinic, located at 3200 Grand Ave., Des Moines, at the DMU32 Health and Business Complex



Cost: \$25

Register at: [dmuclinic.org/PYL](https://dmuclinic.org/PYL)

Hosted by Des Moines University Clinic with local community experts in nutrition and health, the knowledge gained at Power Your Life will help you feel strong, energized and confident.



*In keeping with Des Moines University Clinic policy, the Power Your Life Women's Symposium does not discriminate on the basis of sex in any of its activities.*



## TOPICS COVERED

- **STRENGTH AND POWER:** Learn how to modify strength training routines to support mobility, strength and power for improved physical health and well-being, including through menopause and beyond.
- **NUTRITION:** Explore the role of nutrition in nurturing lean muscle development, enhancing overall well-being and reducing the risk of chronic diseases. This includes how a sugar detox can help reset the body's health, supporting long-term vitality and wellness.
- **SLEEP, HORMONES AND WELL-BEING:** Discover effective strategies for managing hormonal changes and enhancing sleep quality to support overall health and sustained vitality.
- **PELVIC POWER:** Discuss the prevention and treatment of common pelvic health conditions related to menopause, such as urinary incontinence, pelvic organ prolapse and sexual dysfunction.
- **BREAST HEALTH:** Focus on empowering prevention and early detection strategies.

**MEET OUR SPEAKERS** →

## MEET OUR SPEAKERS



### **HEATHER ALANIZ, P.T., D.P.T., OCS**

Alaniz is a physical therapist in the Des Moines University Clinic — Physical Therapy. She has extensive experience treating adults of all ages with diverse pelvic floor disorders and orthopedic conditions. A board-certified orthopedic specialist, Alaniz is passionate about treating women of all ages and believes every woman should have access to multidisciplinary health care (including physical therapy), especially through the prenatal and postnatal and menopause transitions.



### **ANDREA LAMPHEAR, M.D.**

Lamphiear is a fellowship-trained breast radiologist with over 15 years of experience in all facets of breast imaging, practicing at GRACE Breast Imaging and Medical Spa. Part of her desire to create GRACE was to design a system that could improve access to quality, affordable breast imaging for underserved populations.

**GRACE**

BREAST IMAGING & MEDICAL SPA



### **LAUREN MACH, P.T., D.P.T., CMPT, ATC**

Mach is a physical therapist and certified athletic trainer at the Des Moines University Clinic — Physical Therapy in the MidAmerican Energy Company RecPlex in West Des Moines. Her clinical emphasis is on the treatment of orthopedic, sports injuries, concussions and the active older adult using a combination of manual therapy, functional dry needling, instrument-assisted soft tissue mobilization, therapeutic exercise and self-management techniques.



### **KARI SMITH, P.T., D.P.T., WCS, BCB-PMD**

Dr. Smith is a professor in the Des Moines University Department of Physical Therapy. Her clinical emphasis is on the treatment of bladder and bowel incontinence, constipation, pelvic pain and sexual dysfunctions. She is a board-certified clinical specialist in women's health and is board-certified in biofeedback for pelvic muscle dysfunction.



### **JENNY WEBER, RD, LD**

Weber is a registered, licensed dietitian nutritionist. She has spent the past 20 years coaching athletes of all ages in endurance sports, spending countless hours invested in how nutrition impacts injury prevention, sustained energy and power, and longevity. Her recent focus is on women's health and vitality in midlife. Weber is certified in obesity and weight management through the American Dietetics Association.