

2nd Annual OT in Women's Health (6 PDU's) – Day I

IN-PERSON

DATE, TIME, AND LOCATION

Saturday, March 7, 2026
8:00AM to 4:30PM

ONLY ONLINE
Registration Available



CSU Dominguez Hills
Innovation and Instruction
Building, Room 1300
1000 East Victoria Street
Carson, CA 90747
Parking: \$10

QUESTIONS?

Email staff@otaonline.org or
chat live M-F, 9AM to 4PM

IMPORTANT NOTE: DAY 2 - June 13, 2026 VIRTUAL

Registration for the Day 2 is
separate/not included in
Day 1 registration fees.



Day I - Symposium Schedule (6 PDU's)

8:00am-8:30am	Registration Check-In and Networking
8:30am-8:45am	Welcome and Program Overview
8:45am-10:15am	Supporting the Supporters: Expanding Occupational Therapy Practitioners' Role with Mothers of Children with Special Needs <i>Samantha "Sam" Nesthus, MS, OTR/L</i>
10:15am-10:30am	Break
10:30am-12:00pm	Women and Lifestyle Medicine: A Foundation for Health and Participation <i>Heather Javaherian, OTD, OTR/L, FAOTA, NBCHWC</i>
12:00pm-1:00pm	Lunch Break - On Your Own
1:00pm-2:30pm	Creating My Own Lane in Maternal Health: A Holistic Occupational Therapy Perspective <i>Marianne Meneses, MS, OTR/L, PMH-C</i>
2:30pm-2:45pm	Break
2:45pm-4:15pm	Listening Beyond Words: Women's Rehabilitation Reimagined <i>Eleanor Galit, MOT, OTR/L</i>
4:15pm-4:30pm	Wrap-Up

REGISTRATION FEES

	MEMBERS	NONMEMBERS	MEMBER STUDENTS	NONMEMBER STUDENTS
ONSITE REG	☐ \$89	☐ \$119	☐ \$59	☐ \$79
TOTAL DUE:	\$ _____			
Name	_____			

Employer _____

Home Address _____

City _____ State _____ Zip _____

Email _____

Mobile _____

PAYMENT OPTIONS: CHECK ONE

☐ Check (payable to OTAC) # _____ ☐ MasterCard ☐ Visa ☐ AMEX ☐ Discover

Credit Card Number _____

Exp Date _____ VCode _____

Cardholder Name _____

Cardholder Signature _____ Date _____

2nd Annual OT in Women's Health (Day I) (6 PDU's) In-Person Symposium Schedule and Session Descriptions

8:00am – 8:30am

Registration Check-In and Networking

8:30am – 8:45am

Welcome and Program Overview

8:45am – 10:15am

Supporting the Supporters: Expanding Occupational Therapy Practitioners' Role with Mothers of Children with Special Needs

Samantha "Sam" Nesthus, MS, OTR/L

Occupational therapy has a vital, often overlooked role in supporting mothers of children with special needs.

Participants will explore the unique occupational challenges these mothers face, identify service gaps, and examine innovative, sustainable approaches to supporting their stress management and overall well-being.

10:15am – 10:30am - Break

10:30am – 12:00pm

Women and Lifestyle Medicine: A Foundation for Health and Participation

Heather Javaherian, OTD, OTR/L, FAOTA, NBCHWC

This presentation will introduce lifestyle medicine which is a global approach to addressing health and disease.

Connections will specifically focus on unique health needs of women and the role of occupational therapy as part of the health care team using a lifestyle medicine approach.

12:00pm – 1:00pm - Lunch Break – On Your Own

1:00pm – 2:30pm

Creating My Own Lane in Maternal Health: A Holistic Occupational Therapy Perspective

Marianna Meneses, MS, OTR/L, PMH-C

Occupational therapy practitioners working in maternal health often navigate complex questions around scope, identity, and specialization. This presentation offers a reflective and conceptual exploration of how occupational therapy principles can be applied holistically to support maternal functioning, regulation, and identity during early motherhood. Attendees will gain insight into developing meaningful, evidence-informed occupational therapy roles that extend beyond predefined practice paths.

2:30pm – 2:45pm - Break

2:45pm – 4:15pm

Listening Beyond Words: Women's Rehabilitation Reimagined

Eleanor Galit, MOT, OTR/L

This presentation will explore whole-person rehabilitation through an occupational therapy lens, highlighting how women often communicate readiness, fear, and trust through posture, body language, and engagement.

Drawing from clinical experience with active individuals and athletes, the session examines how attending to these subtleties can influence strength progression, confidence, and long-term participation in meaningful activities.

4:15am – 4:30am - Wrap-Up

OT in Women's Health Symposium Committee

Candace Chatman, OTD, OTR/L

Laura Deary, BS, COTA/L, ROH

Samia Rafeedie, OTD, OTR/L, BCPR, CBIS, FAOTA

Jhenny Rivera-Villano, OTD, OTR/L

About Our Presenters

Eleanor Galit, MOT, OTR/L, is a board-certified and licensed occupational therapy practitioner and the owner of an independent occupational therapy practice, Dauntless Athletic Performance. She earned a Bachelor of Science in kinesiology from Cal Poly Pomona in 2012 and a Master of Occupational Therapy from Loma Linda University in 2016. She has experience across neurological, orthopedic, and sports rehabilitation, with a clinical focus on supporting active individuals and athletes through movement education, strength-based rehabilitation, and capacity-building approaches that promote confidence, resilience, and long-term participation in meaningful activities.

About Our Presenters, cont.

Heather Javaharian, OTD, OTR/L, FAOTA, NBC-HWC, is a professor and program director at Loma Linda University. She is a certified health and wellness coach through Loma Linda University. Her research and practice areas include intimate partner violence, end of life care, and health and wellness. She provides pro bono services and supervises graduate students in domestic violence settings, ergonomics, and through the Syma Center serving people who are experiencing housing insecurity.

Marianne Meneses, MS, OTR/L, PMH-C, is an occupational therapy practitioner who works with postpartum mothers during the early stages of motherhood. She is a DONA International-trained postpartum doula and is certified in perinatal mental health, using whole-person, function-focused care to support women as they adjust physically, emotionally, and daily life-wise after birth. Meneses is passionate about helping mothers feel supported, capable, and seen in their everyday lives.

About This In-Person Symposium

Symposium Disclaimer

This Symposium is sponsored by OTAC for the purpose of professional development. The material presented is not intended to represent the only or the best methods appropriate for the occupational therapy and/or medical condition or professional development issues being discussed but rather is intended to present the opinions of the presenters, which may be helpful to other health care professionals at arriving at their own conclusions and consequent application. Attendees participating in this professional development education program do so with the full knowledge that they waive any claim they may have against OTAC and its representatives for reliance on any information presented during this educational event.

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Why OTAC Symposia? To support OTAC Core Value 7 – Professional Development: To provide quality education and resources to advance the knowledge, skills, and continued competence of occupational therapy practitioners and its mission to support the profession.

OTAC Mission Statement. OTAC is the collective voice that serves, promotes, and supports the profession of occupational therapy.

CHECK OUT THE OTAC ONLINE EVENTS CALENDAR [HERE](#) FOR UPCOMING

Call for Presentations/Poster is open for the 2026 Annual Conference. Access the form and instructions [here](#).

**OTAC 2026 ANNUAL
CONFERENCE
& EXPO** CONTINUING
EDUCATION
PASADENA
NOVEMBER 5-8