



## Hair Care for Different Cultures Satellite Conference and Live Webcast

Wednesday, January 7, 2009 2:00-4:00 p.m. (Central Time)  
3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

**“H**ow can I control my life, if I can't control my hair?~ Author Unknown  
Our hair defines us, its color reveals shades of our character and its style reflects our unique personalities. Everyday, one of the first things we do is fix our hair. If we can't get the strands to fall perfectly into place to represent the person we want to be, the world around us tends to spin out of control. The key to feeling good, often times, means looking good, so there's always the desire for a good hair day, even if we never leave the house.

As home health aides or home attendants you are responsible for helping with patient needs and that can include assisting with hair care. Since we always want patients to have good hair days, understanding different types of hair will help. While culture plays a large role in the various hair types, keep in mind there are other factors to consider within those cultures that can alter the definition of someone's hair, for instance, chemical treatments and whether hair is thick or thin, straight or curly, coarse or fine or dry or oily.

Naturally a good hair day starts with good hair care. Different hair types require different hair treatments so it is important to understand proper scalp care and shampoo methods. Mismanaged hair care can sometimes lead to problems such as lice or nits. This program will help you understand how to prevent those problems and treat them if they arise.

The finishing touch on any good hair day, of course, is the hair style. A professional will demonstrate some easy-to-do hair styles that you can try with your patient. Remember our hair reflects who we are, so if we look good, we feel good – even if we never leave the comfort of our own home.

### FACULTY:

**Trena Gamble**  
Co-Owner, Director  
The Hair Academy  
Montgomery, Alabama

### PROGRAM OBJECTIVES:

1. Differentiate between hair types
2. Identify appropriate hair care for different hair types
3. Understand care for the scalp and proper shampoo methods
4. Recognize nits/lice and their respective treatments
5. Learn different methods of styling

### CONFERENCE DETAILS:

**Target Audience:** Home health aides, home attendants and other professionals and family workers who administer and care for patients in the home setting.

**Registration:** [www.adph.org/alphtn](http://www.adph.org/alphtn)

**Cost:** There is no cost to view.

**Continuing Education:** None.

**Satellite Technical Information:** This program will be a live satellite broadcast on C band.

**Webcast Information:** This program will be a live webcast. Register at [www.adph.org/alphtn](http://www.adph.org/alphtn) To view webcast, you need RealPlayer or Windows Media Player. Test your computer before the day of the program from the “test connection” link at [www.adph.org/alphtn](http://www.adph.org/alphtn). On the day of the program, go to [www.adph.org/alphtn](http://www.adph.org/alphtn) Click on the “view webcast” link.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Questions For Faculty:** Fax or email questions and a response will be given during the program.

Email: [alphtnquestions@adph.state.al.us](mailto:alphtnquestions@adph.state.al.us) Fax: 334-206-5640.

**Audio Conference:** This course will be available as an audio conference. Call: 1-866-941-6093

**Conference Details Questions:** Call: 334-206-5618

Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)

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