



# HEALTHY WOMAN 2009 EMPOWERED FOR LIFE

Informative Workshops, Healthy Lunch,  
Health Screenings and Door Prizes

**Cost: It's FREE!**

*Registration is required  
for admission.*



## Listening to Your Hormones— From PMS to Menopause

*Lynda Thomas-Mabine, M.D.*, graduated from Howard University and earned a medical degree from Temple University School of Medicine. She was selected as one of the best African American GYN physicians in a nationwide survey of *Essence* magazine readers. She has discussed women's health issues as a guest speaker on WDAS radio and WYBE television.

**SATURDAY,  
OCTOBER 3, 2009**

9 a.m. – 3:30 p.m.

New Covenant Campus  
7500 Germantown Avenue  
Mt. Airy section of Philadelphia

**9 a.m.**

Registration

**9:45 a.m.**

Welcome

**10 a.m.**

Breast Health Jeopardy

*Patricia Bailey, M.D.,  
University of Pennsylvania breast surgeon  
and medical director, Chestnut Hill  
Hospital Women's Center*

**10:45 a.m.**

Workshops/Lunch/  
Information Booths and Screenings

**2:15 p.m.**

Thank you

**2:30 p.m.**

**Keynote:**

*Lynda Thomas-Mabine, M.D.,  
Essence magazine, Top Doc*

### Listening to Your Hormones— From PMS to Menopause

A guide to causes and treatment of the physical and emotional symptoms created with the hormonal changes of premenstrual, peri-menopausal, menopausal and post-menopausal syndromes

**3:15 p.m.**

Door Prizes

### To register

Complete the form and mail by  
**September 22.** Call **215-248-6100**  
with questions.

Presented by:



Sponsored by:





# HEALTHY WOMAN 2009 EMPOWERED FOR LIFE

SATURDAY, OCTOBER 3, 2009

## REGISTRATION

Please print clearly.

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Seating will be filled on a first come basis. One registration form per person. You may copy the form.

**Step 1.** Choose a session for lunch. If you do not choose lunch, one will be selected. Teens may attend all three sessions.

**Step 2.** In the remaining two sessions select from each your first and second choice of the programs offered by placing a "1" or "2" in the box.

**Step 3.** Complete the form and mail by September 22 to Chestnut Hill Hospital, Healthy Woman, 8835 Germantown Avenue, Philadelphia, PA 19118.

### WORKSHOPS

#### Session I (10:45 to 11:40 a.m.)

- Lunch/Health Fair
- TEENS ONLY**—Sexuality, Tiffani Lemen, MD, Chestnut Hill Hospital
- Weight Loss Surgery—Penn surgeon, Chestnut Hill Hospital
- Non Surgical Options for Facial Rejuvenation—Scott Brenman, MD, Chestnut Hill Hospital
- Self Esteem Make Over—Beverly Richards, PhD
- Diet and Heart Disease Prevention—Patti Morris, RD
- Latest Developments for Treating Infertility—Benjamin Gocial, MD, Chestnut Hill Hospital
- Line Dancing—Lorraine McClary & Tina Allen

#### Session II (11:55 a.m. to 12:50 p.m.)

- Lunch/Health Fair
- TEENS ONLY**—Self Esteem, Lynn Hammond
- African American Skin Problems—Nicole Davis, MD, Chestnut Hill Hospital
- Living your Greatest Life—Kathleen Walls, PsyD
- Nutrition for Weight Loss—Patti Morris, RD, CDE
- Bladder Health/Uterine Prolapse—Heidi Harvie, MD, Chestnut Hill Hospital
- Taking the Stress Out of Caregiving—New Courtland
- Line Dancing—Lorraine McClary & Tina Allen

#### Session III (1:05 to 2 p.m.)

- Lunch/Health Fair
- TEENS ONLY**—Love Doesn't Have to Hurt—Azuncena Ugarte, Women Against Abuse
- Diabetes—Karen Agersborg, DO, Chestnut Hill Hospital
- Treatment for Common Foot Problems—James Sang, DPM, Chestnut Hill Hospital
- Coping with Loss—Alicia Parker, RN, BS
- Cosmetic Surgery Options—Scott Brenman, MD, Chestnut Hill Hospital
- Exercise for Healthy Living—Jackie Yorke, MEd, Chestnut Hill Hospital
- Line Dancing—Lorraine McClary & Tina Allen