

Women's Health Day

LISTEN. LEARN. LAUGH. SHARE.

REGISTRATION INCLUDES THREE SEMINARS:

Being Fit:

What Does It Actually Mean Anyway?

Barbara Mills, DNP, Adult Nurse Practitioner

Nutrition Strategies to Turn Back the Clock

Lorraine Danowski, MS, RD, Dietitian, Nutritionist

Dementia: Signs and Symptoms

Darlene Jyringi, MPS, Program Director, Alzheimer's Disease Assistance Center of Long Island at Stony Brook Medicine

Women and Stress:

When Is It Time to Ask for Help?

Marsha Tanenberg-Karant, MD, Psychiatrist

Herbal Products:

How Safe and Effective Are They?

Edmund Hayes, RPh, PharmD, Assistant Director of Pharmacy; Amanda Eloma, RPh, PharmD; Amanda Maione, RPh, PharmD; Stephanie Romano, RPh, PharmD

Circulation Problems in Women

Angela A. Kokkosis, MD, Vascular Surgeon

The Connection Between Breast Cancer and Heart Disease

Lea N. Baer, MD, Medical Oncologist; Michelle Weisfelner Bloom, MD, Cardiologist; Co-Directors, Cardio-Oncology Program

Colorectal Cancer and You

Minsig Choi, MD, Director, Outpatient Medical Oncology, Director Gastrointestinal Medical Oncology; Alexander Stessin, MD, PhD, Radiation Oncologist

Managing Diabetes

Marina Charitou, MD, Endocrinologist

Weight Loss Strategies That Work

Darragh Herlihy, NP-C, Adult Nurse Practitioner, Bariatric and Metabolic Weight Loss Center

Staying on Your Feet — Balance and Strength Tips

Kimberly Belizar, PT, Physical Therapist

Irritable Bowel Syndrome: Controlling Your Symptoms Through Diet

Ellen Li, MD, PhD, Division Chief, Gastroenterology and Hepatology

Women and Heart Disease

Allison McLarty, MD, Co-Director, Ventricular Assist Device Program, Stony Brook University Heart Institute



Keynote speaker:

Jackie Joyner-Kersey

Dubbed “The Greatest Female Athlete of the 20th Century” by *Sports Illustrated*, six-time Olympic medalist Jackie Joyner-Kersey is also a tireless advocate for education, health issues, racial equality, social reform and women’s rights. She will speak about “Running the Race with Grace and Humility.”

Saturday, October 10 • 8:30 am to 2 pm

Melville Marriott Long Island, 1350 Walt Whitman Road

This half-day event includes your choice of three health seminars, continental breakfast and a buffet luncheon with celebrity keynote speaker Jackie Joyner-Kersey.

Registration fee: \$25

For more information, call (631) 444-4000.

To register, visit: womenshealthday.com



Stony Brook Medicine

