



Program

8:30-9:15AM – Registration

9:15 - 9:30AM – Introduction by Executive Office Representative

09:30 -10:00 AM –Keynote Speech-Dr. Loree Sutton

10:00-10:30AM – Women’s Health Across the Life Course: Tips to understanding your health- Dr. Laurie C. Zephyrin

10:30-10:45AM– Break

10:45 – 11:15 AM Early Detection of Breast Cancer- Dr. Monica Mishra

11:15 – 11:45 AM Group Reproductive Health Education Sessions for Women Veterans Who Experienced Sexual Violence- Dr. Joanna Dognin

11:45AM-12:15PM – Q&A session

12:15 - 1:15PM – Lunch/Entertainment/Raffle

1:15-1:25 PM—Veterans Health Library

1:25-1:40 PM—Mindful Moment- Dr. Lillian Sutkan

1:40 - 2:40PM – Workshops

1. Financial Planning-American Red Cross

2. Eating Healthy

3. Yoga: Connected Warriors

4. Zumba: Migdalia Cartagena, Community Based Outpatient Clinic Manager
2:40- 3:00PM- Closing remarks /Conference Evaluations

Planning Committee

Betzaida Ruiz,
Jennifer Friedberg,
Migdalia Cartagena,
Yvette Cintron,
Louisa Valentin
and
Dr. Lois Katz

For Information
about Women’s Health
Services at:

Brooklyn Campus
Betzaida Ruiz, RN
Women Veteran Program Manager
Telephone 718-836-6600 ext.6793

New York Campus
Jennifer Friedberg, Ph.D.
Women Veteran Program Manager
Telephone 212-951-3314

Women Veterans Health Conference

Registration Form

Please complete, detach and mail back in enclosed envelope. Or RSVP by phone.

I would like to register for the conference

Name: _____

Address: _____

City _____ State _____

ZIP _____

Preferred Phone _____

Email address _____

Please choose only one workshop:

Financial Planning

Eating Healthy

Yoga (bring gym clothing)

Zumba (bring gym clothing)