



# 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 Sultan
- 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)