

**Think Pink!**

# GIRLS' NIGHT OUT

A Celebration of  
Women's Health

**TUESDAY, OCTOBER 21, 2014**

6:30-8:30pm

**NEWTON MARRIOTT**

2345 COMMONWEALTH AVE., NEWTON

## **6:30-7:15pm WELCOME RECEPTION**

Start the night off with **complimentary hors d'oeuvres** and a **wine reception** while visiting a variety of health and wellness displays. **Enter to win a door prize!**

## **7:15-8:30pm EXPERT HEALTH PANEL DISCUSSION**

### **Health Questions You're Afraid to Ask** Stephanie Morris, MD

Do you have health questions that you're uncomfortable asking your doctor? Are you curious about symptoms associated with perimenopause and menopause such as changes in sexual function, body changes and hot flashes? Are you experiencing abnormal uterine bleeding that is bothersome or embarrassing? Are you concerned about having an HPV (Human Papillomavirus) infection or abnormal pap smear? If you answered 'yes' to any of these questions, then join us for a discussion on some of the top issues patients find hard to bring up with their doctor. There will be an opportunity to anonymously ask your own questions to be addressed during the talk.

### **Eating Well for a Healthy Weight and Cancer Prevention**

Christina Chiu, Registered Dietitian

Maintaining a healthy weight and eating well are important for cancer prevention, but what does it mean to eat well? Learn what you need to nourish your body while keeping your weight in check, as well as strategies for staying on track.

### **A Survivor's Story: How Exercise, Nutrition and Healthy Living Impacted Recovery** Sarah Cailler, Fitness Trainer

Sarah was diagnosed with breast cancer a month after her 30th birthday. As a wellness professional and avid exerciser, Sarah knew she had to keep exercising and living a healthy lifestyle during her treatment. During this time she continued to exercise, work, teach aerobics classes and focus on healthy living. By incorporating juicing vegetables, clean eating as well as acupuncture, Reiki and massage, she improved how she felt and how her body dealt with the side effects of treatment. Come hear Sarah's story!

**Registration is strongly encouraged.** To reserve your space, email [carefinder@partners.org](mailto:carefinder@partners.org) or call 617-243-6622.



**NEWTON-WELLESLEY  
HOSPITAL**



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL