

# THE MASSACHUSETTS HEALTH COUNCIL

Presents a Women's Health Forum

## *Getting Healthy, Staying Healthy: Knowledge is Everything*



Friday, March 20, 2009 7:30 am – 3:30 pm

Marriott Copley Place Boston, Massachusetts

*7:30 a.m. – 8:00 a.m.  
Registration, Coffee and Welcome*

**Marylou Buyse, MD**

*President, Massachusetts Health Council, Inc.  
President, MA Association of Health Plans*

*Opening Remarks*

**Senate President Therese Murray**

*Massachusetts State Legislature*

*Keynote Address*

*“When was the last time it was all about you?”*

**Cynthia Geyer, MD**

*Medical Director, Canyon Ranch Lenox*

*Morning Session*

Moderator

**Mallika Marshall, MD**

*Medical Reporter, WBZ-TV*

*Reproductive and Sexual Health From 30 –70*

**Annette Demby, MSW, LICSW**

*Certified Sex Therapist*

*Healthy Aging: What’s Normal, What’s Not*

**Anne Fabiny, MD**

*Chief of Geriatrics, Cambridge Health Alliance*

*Heart Disease: You can save your life*

**Malissa Wood, MD**

*Department of Cardiology  
Massachusetts General Hospital*

*Challenges in Women’s Health:  
Access and Program Funding*

**Nancy Turnbull, MPH**

*Associate Dean for Educational Program  
Harvard School of Public Health*

*12:00 noon – 1:00 p.m.  
Luncheon*

*Afternoon Session*

Moderator

**Marjorie Clapprod**

*WRKO-Radio*

*Domestic Violence and Sexual Assault:  
What you need to know*

**Mary Lauby**

*Executive Director, Jane Doe, Inc.*

*Breast and Cervical Cancer:  
Progress in treatment and prevention*

**Wendy Chen, MD, MPH**

*Department of Medical Oncology  
Dana-Farber Cancer Institute*

*Maintaining Healthy Weight  
It’s more than food: Stress, sleep, fitness*

**Lalita Khaodhiar, MD**

*Associate Professor of Medicine, Boston University School of Medicine  
Center for Nutrition and Weight Management  
Boston Medical Center*

*Closing Remarks  
“Knowledge is Everything”*

**Judy Norsigian**

*Executive Director, Boston Women’s Health Book Collective  
Our Bodies, Ourselves*



## Keynote Speaker

### Cynthia Geyer, MD

A member of the Canyon Ranch Lenox medical staff since 1998, Dr. Geyer has served as its Director of Women's Health, and currently as Medical Director. She continues to advance the tradition of excellence upheld in the areas of medicine, wellness and prevention.

She is also part of the core faculty for the Center for Mind Body Medicine's annual Food as Medicine conference, which focuses on teaching nutrition-based medicine to health care providers and medical schools.

As a physician, wife, and mother of twin boys, Dr. Geyer understands firsthand the challenges many women face in trying to balance busy lives and the impact that can have on health and well-being.

### Who should attend

Join us at our second women's health conference. This educational experience is designed to improve the health of the attendees, their friends, families and associates and give women a starting point in leading healthier, happier, more productive lives. Women from all walks of life should attend to gain an insight on taking better care of themselves; from reducing stress in one's everyday life to preventing some of the most common and serious illnesses that effect women. Take this time to put yourself first and gain valuable information to keep you healthy in mind, body, and spirit.

### The Massachusetts Health Council

is committed to the primacy of prevention because it ensures the quality of our lives, the viability of our communities, and the vibrancy of our society. Prevention begins with an awareness of those factors that negatively impact health status and those that improve it. This conference will address the challenges that affect women's health status such as politics, disparities, and research. Experts will also present data updates, the latest treatments, and models for prevention of the risk factors that negatively impact women's health.

### Directions to the Marriott Copley Place

**110 Huntington Avenue • Boston, MA**

**By Car** The Copley Marriott is in the heart of the Back Bay. Take the Massachusetts Turnpike East and Exit 22. Bear to the left off the exit ramp and follow the building around to the left. The Marriott Copley is on the left.

**By Public Transportation** Copley Place "T" Stop

**Parking** There is garage parking in the Copley Place Marriott. Less expensive parking is available including, the Prudential Center Lot, the Dartmouth Street Lot, and the Dalton Street Lot.

For further information on parking and directions, call the Marriott at 617-236-5800

# “Getting Healthy, Staying Healthy: Knowledge is Everything”

Friday, March 20, 2009 7:30 am – 3:30 pm Marriott Copley Place Boston, MA

\_\_\_\_\_ Early Bird Tickets for MHC Members before January 31<sup>st</sup> @ \$ 70.00 *includes lunch*

\_\_\_\_\_ Early Bird Tickets for Non-MHC Members before January 31<sup>st</sup> \$ 80.00 *includes lunch*

\_\_\_\_\_ Tickets for MHC Members @ \$ 85.00 *includes lunch*

\_\_\_\_\_ Tables for 8 for MHC Members @ \$ 680.00

\_\_\_\_\_ Tickets for Non-Members @ \$ 95.00 *includes lunch*

\_\_\_\_\_ Tables for 8 for Non-Members @ \$ 760.00

*Sponsorships include recognition. Visit [www.mahealthcouncil.org](http://www.mahealthcouncil.org) for details about Sponsor and Patron benefits.*

*Other sponsorships are also available.*

\_\_\_\_\_ Presenting Sponsorship \$7,500

\_\_\_\_\_ Forum Sponsor \$5,000

\_\_\_\_\_ Patron \$3,000

Advance registration is requested. Tickets at the door \$115.00 – admission only if space is available

Please list additional names. Registrations held at door. Sorry, no refunds.

Amount enclosed \_\_\_\_\_

Make checks payable and send to:

**MA Health Council**  
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Applying for CEU's  yes  no \_\_\_\_\_ Type (nursing, social work)

For further information about the forum or sponsorships, call the MHC office at 617-965-3711 or visit [www.mahealthcouncil.org](http://www.mahealthcouncil.org)

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