

4225 Baltimore Ave.
Kansas City, MO 64111
(816) 932-2252
saintlukesgiving.org



Carlene Hall, chair
Cindy Barber-Smith
Amy Gattermeir
Susie Heddens
Kathy Howell
Jill McGee
Blythe Robertson
Suzanne Thompson
Barbara Wiman

Planning Committee

Day of Women's Health



Join us for a day of wellness
for body, mind, and spirit

Day of Women's Health

Thursday, October 16, 2008

8 a.m. - 2 p.m.

Kauffman Foundation Conference Center
4801 Rockhill Road
Kansas City, MO 64110

Presented by Saint Luke's Hospital Foundation



Day of Women's Health

Thursday, October 16 Schedule of Events

- 8:00 Health Screenings and Breakfast**
(health screenings offered until 9:15 a.m.)
- 9:30 Breakfast Presentation:
"The Skinny on Metabolic Syndrome"**
**Richard M. Moe, M.D., Ph.D., and
Glenna Moe, Registered Dietician**
Multiple factors can put you at risk for heart disease and stroke, even if you appear thin. Get the "skinny" on what you can do to protect your health.
- 10:30 Breakout Session I**
- 11:30 Breakout Session II**
- 12:30 Luncheon Presentation:
"What Women Should Know About Stroke"**
**Marilyn M. Rymer, M.D., Medical Director,
Saint Luke's Brain and Stroke Institute**
Did you know that some women are at increased risk for stroke? Learn the risks, warning signs, and what to do if you suspect someone is having a stroke.

"The Doctor Is In"

Get your medical questions answered by a panel of Saint Luke's doctors representing the following specialties: orthopaedics, gynecological/bladder health, surgical weight loss, and pediatrics. "The Doctor Is In" will be held with the screenings from 8-9:15 a.m.

"Day of Women's Health" is presented by Saint Luke's Hospital Foundation with support from:



Health Screenings and Information

- Glucose/Lipid Profile (requires fasting for 8 hours prior)
- Blood Pressure
- Stroke Risk Assessment
- Heart Disease Risk Assessment
- Hearing Screening
- Bone Density Test
- Breast Health Information
- Cancer Screening Information
- Chair Massages
- Aromatherapy

Breakout Sessions

Meggan Newland, M.D.

"Turn Back the Clock: Skin Aging and Its Prevention"

Gary Thompson, M.D.

"How To Be an Educated Health Care Consumer"

John Corbaley and Marilyn Rymer, M.D.

"Saint Luke's Brain Fitness Center: How To Improve Memory and Mental Function Through Workouts at the Brain Gym"

Gazala Parvin, M.D.

"Can It Help or Hurt? Guidelines for Using Holistic Medicine and Supplements"

Seating is limited - register today!

Return the enclosed card with payment of **\$40 per person**. (Breakfast, lunch, and health screenings are included.)
Or register online at:

saintlukesgiving.org
(Click on "Day of Women's Health")

For information, call **(816) 932-2252**