



Baystate
Health



Published for members of the Every Woman Program at Baystate Health



Don't
Miss it!

Baystate Health
Women's Summit
**Unleash Your Inner
Awesome and more!**

Baystate Health
Foundation Story

Baystate Health is a leading not-for-profit health system with the charitable mission of improving the health of the people in our communities every day with quality and compassion.

Baystate Health

Women's Summit

Be Bold! Be Brave!

Wednesday, June 6, 2018, 3-8 pm
Baystate Health Education Center
361 Whitney Ave, Holyoke

Join us for a conference that explores the tools you need to take charge of your best life.

- ❁ Four Baystate Health physicians will inspire us and share simple ways women can take charge of their health. There will be questions and answers at the end.
- ❁ Feline O’Gorman, Kripalu-Certified yoga instructor, will guide us through some gentle, seated and standing yoga and meditation. She’ll teach breathing exercises and core yoga principles we can use to cultivate balance and peace (activewear not required).
- ❁ Explore a variety of vendors and health information and enjoy a fresh, healthy dinner buffet with food by Lone Wolf Catering.



Feline O’Gorman
yoga instructor

Fee: \$40. Registration is required, go to <https://bebravebeboldtakecharge.eventbrite.com>, complete the registration form at right, or call 413-794-5200. Space is limited. Registration deadline is Friday, June 1 or until the event is full.

A Higher Level of Women’s Health with:



Dr. Rose Ganim
Thoracic Surgeon



Dr. Holly Mason,
Surgeon, Director
of Breast Services



Dr. Kelly Tyler
Chief, Colorectal Surgery



Dr. Heather Sankey
Chair, OBGYN

Take Charge!

Unleashing Your Inner Awesome

Bridget Cooper, Ed.D

Want less stress and more peace? Desiring passion and mission from yourself and others? Craving personal and professional satisfaction? The world is changing at a phenomenal and unprecedented rate, and most of us feel like we can't quite keep up or find our way. Budgets are tight, patience is low, and we are spread thin.

Our world is screaming out for us to manage new experiences, changing circumstances, fresh information, and the stress that emerges in calm and tactical ways. In this session, you will learn how to use your pivot power, to tap into the need for passion and connection that we all have, to tackle stressful situations, and emerge from daily interactions with the peace of a yoga master.

About the speaker:



Dr. Bridget Cooper is a cage rattler. Change strategist. Thought shifter. Bestselling author of five books, she brings her groundbreaking ideas, down-to-earth insights, and action plans for effective communication, conflict, and mastering change to clients and audiences. Her mission is to change the world, one life at a time. Visit <http://drbridgetcooper.com>

Agenda

- 3 pm: Self-care/Calming Your Mind: Guided Meditation, stretching and presentation of core yoga principles.
- 4 pm: A Higher Level of Women's Health
- 5 pm: Dinner, Health Information, and Retail Therapy
- 6 pm: Unleashing Your Inner Awesome with Bridget Cooper, Ed.D Book signing to follow.

Menu

- Chicken Piccata
- Roasted Salmon with Orange-Ginger Sauce
- Orzo Salad
- Roasted Vegetable Salad
- Assorted desserts

Baystate Health

Women's Summit

Registration Form

Name _____

Address _____

City State Zip _____

Telephone _____

Number of people _____ X \$40 = \$ _____
total enclosed

Complete this form and make checks payable to Baystate Health. Mail to Baystate Health Every Woman, 280 Chestnut St, 5th Floor, Springfield, MA 01199

Are you a Baystate Health Every Woman member?

For more information or to join Baystate Health Every Woman, visit baystatehealth.org/everywoman or call Sue Fontaine, Senior Coordinator, Loyalty Programs, at 413-794-5200. It's FREE to join!



Nonprofit
 U.S. Postage
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 Permit No. 830



Thanks for the Love, Mary!

In 1943, Mary Therese Dvarecka graduated from what was then the Springfield Hospital School of Nursing, now Baystate Medical Center. Fifty-five years later she made what would be her most powerful charitable gift.

Always a strong annual supporter, Mary established a gift in her estate plans to support the mission of Baystate Health Foundation. In doing so, she ensured her yearly support will continue and be part of her legacy.

Her loving gift also celebrates the “love of her life” Colonel Alterio Gallerani, an Air Force veteran and her devoted husband for over 40 years. The impact made from her gifts will be recognized in both their memories.

Thank you, Mary for caring deeply about Baystate Medical Center and for making a gift that will fight disease, support the education and training of nurses, and help those in need receive quality healthcare for generations to come.

Do something great with one simple sentence.

Include Baystate Health Foundation in your will.

I give DOLLAR AMOUNT [or _____ % of my estate] to the Baystate Health Foundation, Inc., a charitable organization established by law in Massachusetts (Federal Tax ID# 04-3549011), to be used for _____ (“Baystate Health’s greatest needs” or name of hospital or program).

Baystate  Health Foundation

We’re here to help. Reach out to Kylie Johnson at 413-794-7789 or kylie.johnson@baystatehealth.org to start exploring the difference you might make.