

First Annual Regional Women's Educational Leadership Forum Breakfast

November 22, 2019 – 8:30 a.m.-12 noon



The Westwood
438 North Ave., Garwood, NJ
REGISTRATION IS OPEN!

Women's Health: Nurturing Your Mind, Body & Personal Energy!

Introduction - Carol Boyer, Nurse Navigator

**Maintaining a Healthy Lifestyle for Cancer Prevention:
Understanding Risk Factors, Diet, Exercise and More**

Dr. Diana Addis, Surgical Oncologist



Breast Health and Google - Facts, Fiction and Opinions

Dr. Alison Price, Surgeon

Intuitive Eating and Mindfulness - Gina Roof, Certified
Integrative Health Coach



**Current Mental Health Issues of Women and Ways to
Redirect the Negative!** - Beth Pincus, LCSW



Registration Fee \$40 - includes a sumptuous breakfast
Register Today!
http://bit.ly/wil_forum