

Mather Hospital presents

EmpowerHER: NAVIGATING WOMEN'S WELLNESS



Tuesday, Oct. 15, 2024, 6-8 pm
Coram Fire Department community room
303 Middle Country Road, Coram

PaintPartPink!
Mather Hospital Northwell Health

Join us for a panel discussion on women's health issues

Featuring:

What you need to know about breast cancer detection and treatment - Lan Chan, MD

Don't stress out! Coping with stress and anxiety - Denise Driscoll, RN-BC CARN PMHCNS-BC, NPP

Sleepless on Long Island - getting your Z's as you age - Christine Nwaiser, MD

You are what you eat - healthy nutrition for women - Barbara Broggelwirth, RD, CDN

\$10 registration includes a buffet dinner and registration for the 2025 Northwell Health Walk at Port Jefferson in support of the Fortunato Breast Health Center.



Register by Oct. 7 at matherhospital.org/EmpowerHer
Seating is limited.
For more information call (631) 476-2723.

