

Long Beach Women's Health Summit: 2006
Women through the Ages
April 22, 2006, California State University Long Beach
9-4 pm

"Improving Women's Lives Today, Ensuring the Wellbeing of Tomorrow's Generation"

The 2006 Long Beach Women's Health Summit is a one-day community event organized by leading health care, social service, community based agencies and individuals involved and concerned with women's health. The purpose of the summit is to provide health-related information, screenings, resources and services to summit participants to promote healthy lifestyle practices. The summit will showcase a multi-disciplinary approach to women's health that synthesizes reducing psychological distress, improving quality of life, and improving disease outcomes to help create and maintain well-being.

Why a summit on women's health?

The focus of the event is on the myriad of health issues facing women. There are over 246,000 female residents in Long Beach comprising over half of the total city population.

Women Health Facts:

- Women make three-fourths of the health care decisions in American households and spend nearly two out of three U.S. healthcare dollars, approximately \$500 billion each year.
- Eating disorders occur in 10 times as many women as men.
- Heart disease is the number one cause of death in American women.
- It is estimated that 1 in 3 women will eventually die of heart disease or stroke.
- One in seven women will experience major depression in her lifetime.
- California women rank 42nd in the nation for obtaining a pap smear in the past 3 years.
- California women ranked 34th in health insurance covered
- California women ranked LAST for having a routine physical in the last 2 years.

This Summit is **free** to all community members. Events Include:

- Resource Tables
- Health Screenings
- Provider's Booths/Exhibits
- Over 10 breakout sessions to choose from,
- Interesting and cutting Keynote speakers
- A variety food and refreshments
- Transportation to/from event from community centers through out Long Beach
- Child friendly environment (sorry, no childcare available)
- VIP reception including keynotes, honorary board members, presenters and other VIPs.

We need your support to make this happen

Admission is free...refreshments and food are free

The 2006 Long Beach Women’s Health Summit is an incredible opportunity to bring together a community of women of all ages, racial/ethnic, and socio-economic backgrounds to learn about living well at any age and creating a healthy mind, body and spirit. Summit organizers expect capacity attendance from Long Beach to be present at the **Student Union Ball Room at California State University Long Beach on April 22, 2006. 8:30-4 pm.**

Your support through sponsorship, contributions, donations and/or gifts will make this summit a reality. Because women deliver the message of health to their families, this summit has the potential to educate and provide health resources not only to the participants involved, but to the entire Long Beach community.

Please join us in this important, landmark partnership to bring vitality, health and wellness to our community through this exciting educational forum.

\$5000.00:	Opal	1, 2, 3, 5-7, 9-11	1. 2 Reservations to VIP Reception
\$2500.00	Jade	1, 2, 4-7, 9-11	2. 2 Reserved seating at keynote, speeches
\$1000.00	Ruby	2, 4, 6, 7, 9, 10, 11	3. Program listing: Cover
\$500.00	Amethyst	2, 4, 6, 8, 10, 11	4. Program listing: Inside
\$100.00	Honoring Her Donation		5. VIP parking
			6. Resource table exhibit
			7. Prime location exhibit booth
			8. Reserved Exhibition booth
			9. Listing in print media/advertising
			10. Acknowledgement at event
			11. 2 “Honoring Her” placements

HONORING HER
mother, partner, daughter, sister, friend mentor
Honor the women in your life with a \$100.00 donation. Her name and your written dedication will be published in the program. A photograph of her will be part of a mural honoring the women in our lives.

Please call Jody Forter, 562-618-4537 or Eleanor Cochran, 562-491-9035 with questions. Reserve your space, support your community and the women in our lives. Reservations are required for this event.

Name of Organization/Individual: _____
Mailing Address: _____
Phone: _____ Email: _____ fax: _____
Name of Honorary, (attach brief statement): (25 words or less) _____

Mail your check today to:
Long Beach Women’s Health Summit: 6285 E. Spring St. #234 Long Beach, CA 90808

LONG BEACH WOMEN'S HEALTH SUMMIT

Women Through The Ages

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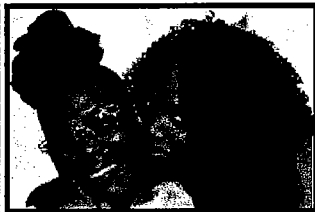
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To Encourage, Educate, and Empower Women.

Together, we can improve many lives of today and safeguard the lives and wellbeing for the generations ahead. We owe our daughters the same acts of courage, grace, and power that were given to us by the mothers and sisters before us...

Welcome to the Long Beach Women's Health Summit, April 22, 2006, a collaborative project organized by local community members and organizations. The event will kick off Women's Health Month in California, which is next May.

The Summit is geared for women who have traditionally lacked access to preventative health screenings and education. There will be multiple health screenings, over 15 breakout sessions, over 50 community organizations with information booths and tables, food, activities, outstanding keynote speakers, and a few surprise guests. In addition, there will be a VIP wine reception following the event for all major sponsors, honorary board members, speakers,



Honoring Her

Honor a woman in your life with a \$100.00 contribution. Her name and your written dedication will be published in the program. A photograph of her will be a part of a beautiful display on exhibit during the summit.

All proceeds go to supporting preventive



Sandra Rose (L) and Jody Forter (R) accept a personal donation from Vice Mayor Jackie Kell (C) of the executive committee, and planning group members.

This event is an incredible opportunity to bring together a community of women of all ages, racial/ethnic, and socio-economic backgrounds to learn about

living well at any age and creating a healthy mind, body and spirit.

The summit will be held on Saturday, April 22, 2006, at California State University, Long Beach from 9 a.m. to 4 p.m.

From the Chairperson

I made a comment last March to a colleague in the city health department that I thought we should do a women's health summit in the city. That conversation began an amazing journey for me. I have had the privilege to be involved with wonderful individuals, watching this great event gain support and momentum. I've experienced their generosity, commitment and determination. This event is truly grass roots. No one organization 'owns' the event—it is a collaboration among voluntary partners within our community; individuals and organizations from both the private and

public sectors, in healthcare and non-healthcare related fields.

The event is a win/win for all involved: the women and families of Long Beach, the healthcare professionals whose passion is to improve lives through innovative and accessible care, and provider organizations that strongly support and encourage preventative health screenings and education.

I look forward to seeing you there, and again, thank you for all your support!

— Jody Forter

Please join us in this important landmark partnership to bring vitality, health, and wellness to our community!

Saturday, April 22, 2006
California State University, Long Beach
9 a.m. to 3 p.m.

PARTIAL LIST OF SPONSORS

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CSU, Long Beach

CA State Dept. of
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Meet Just a Few of Our Great Presenters

Women's Health Facts



Anne Cahill, MD, Cardiothoracic Surgeon
Memorial Heart and Vascular Institute

Anne Cahill, MD, is a cardiothoracic surgeon at the Memorial Heart and Vascular Institute at Long Beach Memorial Medical Center, and a clinical instructor in the Dept. of Cardiothoracic Surgery at UCLA. As a cardiothoracic expert, she is a regular speaker for the American Heart Association. She has been interviewed about women and heart disease on Los Angeles radio and television programs and is on the national faculty of Women's Agenda Targeting Cholesterol and Heart Disease (W.A.T.C.H.), a national education initiative to improve cardiac disease prevention in women.

Carey Cullinane, MD
MemorialCare Breast Center

The first surgical oncologist formally trained in cancer genetics, Carey Cullinane, MD, is part of Breastlink Medical Group in addition to directing Long Beach Memorial Medical Center's Cancer Risk and Prevention Program at the MemorialCare Breast Center. She co-chairs the Los Angeles Susan B. Komen Breast Cancer Foundation Education Committee and is an investigator for a number of research grants in the areas of breast cancer, hereditary cancer and palliative surgery. She is an active member on the Journal of Surgical Research Editorial Board.



Carol Grabowski, MD, MBA

Carol Grabowski, MD, a board certified gynecologist and obstetrician, is Chief of Staff at the Women's Pavilion at Miller Children's Hospital — one of the premier women's hospitals in the country. In addition to a private practice in obstetrics and gynecology, she also is on the board of the WomenShelter of Long Beach, a facility for battered women and their children. She also serves on the MemorialCare Steering Committee and a board member of the Preferred Physicians of Southern California.

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Spotlight on: St. Mary Medical Center: The Obstetrics Center

The OB Clinic at St. Mary Medical Center has been serving needy families in Long Beach since 1980. This community-based program takes a comprehensive approach to insuring the care and wellbeing of both family and child, focusing on four key areas—medical, social, educational and nutritional.

The program is run by a team of multi-cultural and multi-lingual staff members including five physicians, one nurse practitioner, one LON, one social worker, one dietitian, one health educator,

two peri-natal health workers, and a Medi-Cal worker.

The OB Clinic serves 1,300 - 1,500 pregnant women annually. Of these approximately 32% are a first pregnancy, with the majority of the balance parents who have been seen in the past. Among patients, 63% are Hispanic and Spanish speaking, 19% are Caucasian, 9% are African American, and 9% are Asian or other South Pacific or Southeast Asian nationalities. 100% of the patients seen at the clinic are covered by Medi-Cal.

Have more questions about the Long Beach Women's Health Summit? Please contact the following:

Name	Area	Phone Number
Jody L. Forter , Community Evaluation Group	Chair; Development; VIP/Board Support	(562) 618-4537
Cheryl Barrit , City of Long Beach	Secretary; Curriculum	(562) 570-7920
Kathy Berry , Community Hospital of Long Beach	Marketing/Publicity	(562) 494-0835
Marcela Chavez , Women's Resource Center, CSULB	Facilities/Logistics	(562) 985-8575
Eleanor Cochran , St. Mary Medical Center	Co-Chair; "Honoring Her"; Transportation	(562) 491-9035
CJ Harmatz , Long Beach Memorial Medical Center	In-Kind Donations	(562) 933-1239
Lillian Herrera , St. Mary Medical Center	Treasurer; Event Calendar/Community Outreach	(562) 491-9654
Sandra Rose , Community Member	Secretary; Community Resources/Screenings	(714) 957-9157, ext. 25