

Make Yourself a Priority!

A Women's Health Event

Saturday, November 5
8:30 am - 1:00 pm
Salvation Army
13 Trinity Place
Montclair, New Jersey 07042



Please join us for an event that offers timely keynote and luncheon speakers, as well as an opportunity to choose from 10 women's health and wellness workshops based upon your individual needs and preferences.

Keynote Address

Legislative Policies that Impact Women's Health

Assemblywoman Shavonda Sumter,
35th District Director of Behavioral Health
HackensackUMC Mountainside

Luncheon Address

Putting Yourself First

Dr. Ki-Sook Yoo

Session 1

Zika - Don't Let it Bug You!

Dr. Theresa Soroko

Incontinence & Post Pregnancy Urology Issues? U R Not Alone!

Dr. Konstantin Walmsley

Protect Your Reproductive Health

Dr. Merieme Klobocista

Session 2

A Heart-to-Heart Talk About Cardiology Concerns

Dr. Harold Kim

Think About Your Thyroid

Dr. Maris Davis

Pregnancy at a "Certain Age"

Dr. Peter Woroch & Dr. George Woroch

Eat Well, Feel Better

Julie Ruff, RD

Session 3

Keep Abreast of Your Breast Health

Dr. Jan Huston

Menopause is Manageable

Dr. Karen Dias-Martin

Birth Control Briefing: Understand Your Options

Dr. Gayon Hyatt

*Ample free parking will be available.
Childcare available upon registration.*

For more information visit Mountainsidehosp.com/YouFirst
To register, please call 888-973-4674

