



**Wednesday, July 25, 4:00 -8:00 pm • Shaw JCC**

## *The Importance of Women's Health*

### **Dr. Lara Burrows, MD, MSC Keynote Speaker**

Dr. Burrows is a national expert in the diagnosis and treatment of female sexual pain and other sexual problems. She is passionate about empowering women with accurate health information and specialized care in all stages of life. She'll kick off the 3rd Annual Women's Health Day with the topic "Why You Should Care About Women's Health."

### **The Power of Peaceful Body Image**

**Julie Norman, RD, RYT**

Julie Norman blends professional nutrition guidance with the art of yoga to help women heal: food, weight and body image challenges. Her approach centers around peaceful body image, aligned eating and conscious movement. The talk will demonstrate how body image is foundational to wellness and how to get back to body love.

### **Exercise for the "Everyday" Women** **Stephanie Davis-Dieringer**

Stephanie Davis-Dieringer is the Health and Wellness Director for the Shaw JCC of Akron. She received her master's degree in Exercise Physiology/Adult Fitness from The University of Akron. She has served on multiple state and national committees in regards to programs which include aquatic, community, corporate education, and individual programming in regards to health, wellness and recreation.

*Cocktail reception & dessert buffet afterwards*

**Tickets \$10 adv/ \$12 at door**

### **Acupuncture for Women's Health**

**Kirsten Von Nostran, MS**

Acupuncture and Oriental medicine has been used for centuries to improve the health of women. Acupuncture for Women's Health will focus on using acupuncture to treat issues relating to women's health including fertility and menopause. Kirsten Van Nostran MS is a licensed acupuncturist who founded Summit Acupuncture in 2002, and specializes in women's health and fertility issues.

### **Rather than "Supersize" – "Exercise"!** **Debbie Minerich**

Debbie Minerich is a health educator and has been employed by Summit County Public Health for 16 years where she is the Creating Healthy Communities Program Coordinator. The program goal is to reduce the preventable risk factors for chronic disease. The interactive presentation will focus on serving size "portion distortion", body mass index, waist – hip ratio and physical activity.

### **Leaking? What to Do About Incontinence**

**Dr. Devine, MD**

Dr. Devine specializes in the surgical treatment of urologic and gynecologic issues and will speak on the often embarrassing issue of female urinary incontinence and the treatment options available.

*Sponsored by Jewish Family Service  
Funded by a grant from Jewish Women  
Endowment Fund (JWEF)*

**RSVP to Dina Musesalyan 330-835-0084**  
**dmusesalyan@jewishakron.org**  
**jewishakron.org/jfs**

