

Women's Health Seminar



**Friday, December 4, 2009
6:00 - 8:00 PM**

**Arthritis Foundation,
New York Chapter Office
122 East 42nd Street
18th Floor
New York, NY**

*This program is made possible by an
educational grant from Genentech.*

NEW YORK CHAPTER

 **ARTHRITIS
FOUNDATION®**
Take Control. We Can Help.™

REGISTRATION FORM – WOMEN'S HEALTH SEMINAR

This program is free. . Please print.

NAME:

LAST

FIRST

PHONE:

ADDRESS:

NUMBER and STREET

CITY

STATE

ZIP

- I will be attending the **December 4th** Forum at the New York Chapter Office
- I cannot attend but wish to be informed of future programs in my area.

Please return this form to: Arthritis Public Forums, Arthritis Foundation, New York Chapter, 122 East 42nd Street, 18th Floor, New York, NY 10168-1898 or fax (212) 878-5960 or e-mail your registration to ayanawoods@arthritis.org. Call (212) 984-8730 or (800) 246-2884 (area codes 845 and 914 only) for more information

Women's Health Seminar

Although arthritis can affect anyone, regardless of race, gender or age, the statistics are clear – more women than men are diagnosed with arthritis. Sixty percent of all people who have arthritis are female and many of the common forms of arthritis are more prevalent in women. As a result, finding ways to cope with arthritis is particularly important for women, who are often juggling work, family, caretaking and a variety of social responsibilities.

The Women's Health Seminar will highlight the unique concerns of women dealing with the impact of arthritis on their lives. This program will educate women about rheumatic diseases and empower attendees with the tools necessary to address these challenges.

This program is free but registration is required. Please call the Arthritis Foundation at 212-984-8730 or mail the registration form to Women's Health Seminar, 122 East 42nd Street, 18th Floor, New York, NY 10168.

NEW YORK CHAPTER



Take Control. We Can Help.™

Friday, December 4, 2009

6:00-8:00 PM

**Arthritis Foundation, New York Chapter
Office, 122 East 42nd Street, 18th Floor,
New York, NY**

Arthritis in Women

This workshop will provide an overview of the prevalence of RA and OA among women, treatment options, and health concerns.

Speaker: Grace Wright, MD

Clinical Associate Professor,
NYU Department of Medicine,
Division of Rheumatology

Integrating Alternatives: Alternative Therapies and Women's Health

This workshop will cover a range of alternative therapies and explore the ways in which these therapies can be integrated into traditional Western healthcare models. Topics will include the use of breathing and mindfulness meditation, music and movement, art, writing and narrative therapy. Please wear comfortable clothing, as the workshop will include several experiential exercises.

Speaker: Lauren Taylor, LCSW

Adjunct Professor,
Columbia University School of Social Work
Project Coordinator of the Hartford
Partnership Program on Aging Education