



# Women Living Healthy in 2012

with keynote speaker, Dr. Dale Atkins

The Center Women of the Stamford JCC, in partnership with Stamford Hospital, First County Bank and Stamford Chapter of Hadassah, present *Women Living Healthy in 2012*, a Women's Health and Wellness Fair. The entire community is welcome to join us for this full-day event at the Stamford JCC on **Thursday, March 15, 2012**. Free of charge!

This event runs from **8:30 a.m. - 1:15 p.m. and 5:30 - 9 p.m.** For a detailed schedule and times visit the JCC website at [www.stamfordjcc.org](http://www.stamfordjcc.org).

A Center Women program in partnership with the JCC Sara Walker Nursery School Scholar-in-Residence Program and The Stamford Chapter of Hadassah.

Sponsored by First County Bank and Stamford Hospital.



**Jewish Community Center**  
1035 Newfield Avenue  
Stamford, CT 06905  
203.322.7900  
[www.stamfordjcc.org](http://www.stamfordjcc.org)



**First County Bank**  
117 Prospect Street  
Stamford, CT 06901  
203-462-4200  
[www.firstcountybank.com](http://www.firstcountybank.com)



**Stamford Hospital**  
30 Shelburne Road  
Stamford CT 06904  
203.276.1000  
[www.stamfordhospital.org](http://www.stamfordhospital.org)



**Stamford Chapter of Hadassah**  
292 Haig Avenue  
Stamford, CT 06905  
[www.hadasah.org](http://www.hadasah.org)

### Health Screenings

Blood Pressures      Cardiac/Stroke Risk Assessment      Chair Massages  
Cholesterol      Glucose      Podiatrist  
Pulmonary Function  
Mammograms at the *Mobile Wellness Center* - call 203.276.5990 for appointment

### Fitness Classes - Space is limited. Sign-up is required. Call the JCC to reserve a spot.\*

Feldenkrais      Hip Hop      Meditative & Active Yoga  
The Miracle Ball Method      TRX Circuit      Zumba Plus

### Health & Wellness Presentations - Presented by Stamford Hospital

- *Being in-the-Know* - Genetics & Nutrition - Erin Ash, Genetic Counselor; Darlene Negbenebor, MD, Gastroenterologist; Lynda Mezansky, MS, RD, CDN and Joseph Feuerstein, MD, Director of Integrative Medicine
- *Span of Life for Women* - Women's Health Concerns - Daryl Weiland, MD, OBGYN; Fran Ginsberg, MD, OBGYN, Fertility and Reproductive Endocrinology; Donna-Marie Manasseh, MD, Breast Surgeon

### Financial Wellness Presentations - Presented by First County Bank

- *Building the Foundation for Financial Well-Being*
- *Maximizing Your Finances for a Healthy Future*
- *Achieving Your Financial Independence*

### Food Demo presented by Sugar and Olives

A new take on fun and healthy dips

### Food Samples by Mrs. Green's Natural Market

## 7:30 - 8:30 p.m. Keynote Address by Dr. Dale Atkins, Renowned Lecturer and Psychologist

### *Finding and Sustaining Wellness: It's All About Balance.*

Following the keynote address, Dale Atkins will sign her book, *Sanity Savers: Tips for Women to Live a Balanced Life.*

**\*To sign-up for the fitness classes call the JCC Front Desk at 203-322-7900. For more information contact Nancy Schiffman at [nschiffman@stamfordjcc.org](mailto:nschiffman@stamfordjcc.org) or 203.487.0941.**