A Fine Balance
Women Staying Healthy in a Culture of Plenty

Monday, October 26, 2009, 6:00 p.m.
Restaurant La Favorita
356 Preston Street, Ottawa
Between Beech and Aberdeen

Join us for an evening of complimentary food, refreshments, and lively discussion in the charming Mediterranean atmosphere of La Favorita on Preston.

Space is limited.
RSVP: WSH@toh.on.ca

How does the challenge of finding a balance between individual metabolism, abundant food, and social pressure affect the health and well-being of women?

Get your questions ready for our panel of experts:

Alfonso Abizaid
PhD
Professor, Psychology
Carleton University

Gretchen Conrad
PhD, C.Psych.
Psychologist
The Ottawa Hospital

Elaine Jolly
MD, FRCSC
Medical Director & Founder
Shirley E. Greenberg Women’s Health Centre
The Ottawa Hospital

Moderators: Giorgio Tasca, PhD, C.Psych.
Andrée Gruslin, MD, FRCSC
Kerri Ritchie, PhD, C.Psych.
The Ottawa Hospital
University of Ottawa

Brought to you by the Department of Obstetrics, Gynecology and Newborn Care at The Ottawa Hospital and University of Ottawa and:

In partnership with the Diva Foundation:

The DIVA Foundation
Healthy Women...
Healthy World

www.med.uottawa.ca/wsh