

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

facebook.

or at

www.med.uottawa.ca/wsh

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:



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