

CELEBRATE Sisterhood

with  **Cleveland Clinic**

A MULTICULTURAL HEALTH & WELLNESS SUMMIT



PATHWAYS TO DISCOVERING A Healthier You!

12 YEARS
of dedication to
multicultural
women's health



Saturday, Oct. 17, 2015

8:00 a.m. – 3:30 p.m.

Executive Caterers at Landerhaven

6111 Landerhaven Drive | Mayfield Heights, OH 44124

Linda D. Bradley, MD, Founder and Chair
Leslie Cho, MD, Margaret McKenzie, MD and
Leonor Osorio, DO, Co-Chairs

clevelandclinic.org/celebratesisterhood



#CelebrateSisterhood2015



ClevelandClinicinYourCommunity



Linda D. Bradley, MD

Honorary Co-Chairs:

- Anita D. Cosgrove, Esquire
- Lynnette Jackson, MBA, Relationship Manager, Key Private Bank
- Margaret W. Wong, Esquire, Principal, Margaret W. Wong & Associates, LLC

Dear Sisters,

Welcome to Celebrate SisterhoodSM! It has been an honor, a pleasure and my passion to lead a multicultural women's health and wellness summit at Cleveland Clinic for 12 years. This year, Celebrate Sisterhood is about charting pathways to a healthier you!

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I can't think of a better ambassador for this message than our sensational keynote speaker, **Michael F. Roizen, MD**, media celebrity, world-famous speaker, New York Times best-selling author and our Chief Wellness Officer. Dr. Roizen truly walks the talk and will inspire you with his secrets for weight loss, living longer, and feeling (and looking) younger.

Next, guest speaker **Leslie Cho, MD**, will explain why heart disease kills more U.S. women each year than breast cancer. Dr. Cho established our Women's Cardiovascular Center and will show you how to chart your path to a healthier heart.

You won't want to miss a frank and lively panel discussion, moderated by **Leonor Osorio, DO**, a bilingual internal medicine physician:

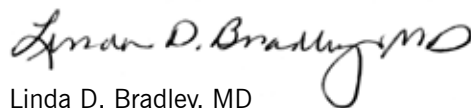
- As Director of Cleveland Clinic's Center for Menstrual Disorders, I will explain the many alternatives to hysterectomy for treating fibroids and new options for contraception.
- **Margaret L. McKenzie, MD**, a leading gynecologic surgeon and professor, will discuss female sexuality over the years, embracing a positive body image and improving genital health.
- **Valerie Montgomery Rice, MD**, president and dean of Morehouse School of Medicine and the first African-American dean of that medical school, will address menopause, traditional and non-traditional treatments, and how to live with zest beyond your reproductive years.

The path to a healthier you begins with knowing your numbers. Take advantage of our free blood pressure, weight and BMI screenings. Then enjoy a massage, and savor the flavors of our multicultural fall buffet, from samosas to empanadas.

Meanwhile, reach out to the sister beside you. Ours is an increasingly multicultural world. Let's spread the word about health and wellness to all our sisters.

Enjoy the day, and I hope to see you, your friends and your colleagues at another Celebrate Sisterhood event soon.

Sincerely,



Linda D. Bradley, MD

Founder and Chair, Celebrate SisterhoodSM
Professor of Surgery
Vice Chair, Ob/Gyn & Women's Health Institute
Director, Center for Menstrual Disorders,
Fibroids and Hysteroscopic Services

For Cleveland Clinic purposes:

Please be advised that there will be photographers videotaping and/or photographing the speakers and participants during this presentation.

If you are not comfortable with appearing in photos, kindly move out of sight of the cameras.

Today's Agenda

8:00 a.m.	<p>Registration Opens</p> <p>SPECIAL NOTE We're raffling off two \$50 VISA gift cards at the end of the summit! To be eligible to win, you must fill out our pre-event survey completely and give it to one of our volunteers.</p>
8:00 – 9:45 a.m.	<p>Flavorful and Healthy Morning Refreshments and Smoothie Extravaganza!</p> <p>Screenings, Assessments and Information /Resource Exhibits</p> <ul style="list-style-type: none">• Over 40 vendors• "Ask the Doctor" sessions
9:45 – 10:00 a.m.	<p>SESSION 1</p> <p>Welcome and Summit Overview: Linda D. Bradley, MD, Professor of Surgery; Vice Chairman of Ob/Gyn & Women's Health Institute; Director, Center for Menstrual Disorders, Fibroids & Hysteroscopic Services; and Chair/Founder, Celebrate Sisterhood, Cleveland Clinic</p> <p>Event Announcer: Eleanor Hayes</p> <p>Co-Chair Acknowledgments:</p> <ul style="list-style-type: none">• Leonor Osorio, DO, Associate Staff, Department of Community Internal Medicine, Medicine Institute; Lutheran Hospital, Cleveland Clinic• Margaret L. McKenzie, MD, Section Head, Department of Ob/Gyn & Women's Health Institute; Member, Board of Governors, Cleveland Clinic and Assistant Professor of Surgery, Lerner College of Medicine of Case Western Reserve University• Leslie Cho, MD, Director, Women's Cardiovascular Center; Section Head, Preventive Cardiology and Rehabilitation, Robert and Suzanne Tomsich Department of Cardiovascular Medicine, Heart and Vascular Institute, Cleveland Clinic <p>Opening Remarks:</p> <ul style="list-style-type: none">• Kristen Morris, Chief Government Affairs and Community Relations Officer, Cleveland Clinic• José C. Feliciano, Esquire, Partner, Baker & Hostetler, LLP, and Member, Cleveland Clinic Board of Trustees <p>Welcome Remarks: Sumita B. Khatri, MS, MD, Co-Director, Asthma Center, Cleveland Clinic Associate Professor of Medicine and Director, Respiratory Institute; FLEX Professional Development Program for Women Faculty, Cleveland Clinic; and Lerner College of Medicine Case Western Reserve University School of Medicine</p> <p>Presenting Sponsor Remarks: Lorrain Vega, Senior Vice President, Corporate Philanthropy, KeyBank</p>

This event is being broadcast live to the Ohio Reformatory for Women in Marysville, Ohio.



KEYNOTE SPEAKER: Michael F. Roizen, MD

You may have seen “Dr. Mike” Roizen on “The Dr. Oz Show,” “The Oprah Winfrey Show,” “Today,” “20/20” or “Good Morning America”. Or you may have read one of his five No. 1 New York Times bestsellers, *RealAge: Are You as Young as You Can Be?* and the *YOU: The Owner’s Manual* series he co-authored with Dr. Oz. An entertaining and energetic speaker, Dr. Roizen has been invited to share his message of health and wellness across the globe. At Cleveland Clinic, we are extremely fortunate to have him as Chair of our Wellness Institute — he’s the first physician to have such a role at a major medical institution. A terrific role model, Dr. Roizen practices what he preaches. He is a strong patient advocate and a big believer in creating healthier homes, school and communities. Dr. Roizen has accomplished much in his medical career as well. Board-certified in internal medicine and anesthesiology, he has 175 scientific publications and 100 medical chapters to his name, holds 14 U.S. patents, and served on U.S. Food and Drug Administration committees for 16 years. In his spare time, Dr. Roizen created media company RealAge, Inc. and five other businesses. Today, we will present a copy of Dr. Roizen’s latest book to Celebrate Sisterhood attendees.



GUEST SPEAKER: Leslie Cho, MD

Dr. Cho, a Celebrate Sisterhood co-chair, is a talented and compassionate cardiologist and physician leader. She established Cleveland Clinic’s Women’s Cardiovascular Center and is Section Head of Preventive Cardiology and Rehabilitation in Cleveland Clinic’s world-renowned Sydell and Arnold Miller Heart & Vascular Institute. Dr. Cho’s mission is to provide education and treatment for heart disease -- the No. 1 killer of American women. She will explain the often subtle warning signs of heart attack in women and show us how to chart a path to a healthier heart so that we can live well for many years to come. Dr. Cho received the American Heart Association’s Women in Cardiology award, is a leading author in her field and focuses her research on heart disease in women and the role of lowering cholesterol. She is board-certified in interventional cardiology, cardiovascular medicine and internal medicine and is the fellow of the American College of Cardiology, Society of Cardiac Angiography and Intervention. She serves on the American Heart Association Exercise and Prevention Committee as well as on the National Quality Forum’s Cardiovascular Steering Committee.

Today's Agenda (continued)

10:00 – 11:00 a.m	SESSION 2 Keynote Address: This Is Your Do Over: The 7 Secrets to Losing Weight, Living Longer, and Getting a Second Chance at the Life You Want! Michael F. Roizen, MD, Chief Wellness Officer and Chair, Wellness Institute, Cleveland Clinic Q&A Session: Moderator — Margaret L. McKenzie, MD
11:00 – 11:30 a.m.	SESSION 3 Special Presentation: Charting Your Path to a Healthier Heart! Leslie Cho, MD, Director, Women's Cardiovascular Center, and Section Head, Preventive Cardiology and Rehabilitation, Cleveland Clinic Q&A Session: Moderator — Linda D. Bradley, MD
11:30 – 12:15 p.m.	Screenings, Assessments and Information /Resource Exhibits
12:30 – 1:30 p.m.	Non-denominational Words of Inspiration: Charleyse S. Pratt, Ph.D., Vice President, Ohio Christian Women's Auxiliary, Pentecostal Assemblies of the World, Inc. A Flavorful Fall Multicultural Luncheon Buffet
1:30 – 2:00 p.m.	Screenings, Food Tastings, Assessments and Information/Resource Exhibits
2:15 – 3:30 p.m.	SESSION 4 Everything You Ever Wanted to Ask Your Gynecologist, But Were Afraid to Ask Moderator: Leonor Osorio, DO Panel: <ul style="list-style-type: none">• Linda D. Bradley, MD• Valerie Montgomery Rice, MD, President and Dean, Morehouse School of Medicine and renowned infertility specialist and researcher• Margaret L. McKenzie, MD
3:30 p.m.	SESSION 5 Special Acknowledgements and Closing Remarks: Linda D. Bradley, MD Summit Raffle Extravaganza & Music. You must be present to win.



Check your email!

In a few days you'll receive an email from us asking you to go online and take our post-event survey. Do this by 11:59 p.m. on November 1st and you'll be entered into a drawing to win a \$50 VISA gift card. We want to hear back from you, so please fill out the survey!

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Meet Our Panelists



Valerie Montgomery Rice, MD

Valerie Montgomery Rice, MD, has made history. The natural born leader was recently appointed the sixth President and Dean of Morehouse School of Medicine. She is the first African-American woman to lead the free-standing medical institution. When you consider the underrepresentation of black women in science, technology, engineering, and math (STEM) fields, Dr. Montgomery Rice's selection is a remarkable accomplishment.

Dr. Montgomery Rice's dedication to health care research, preventive care and mentoring are manifested in every aspect of her work and life. She has been instrumental in generating multimillion-dollar research grants, received numerous accolades and served on many national boards. Most recently she has been honored with membership in: The National Institute on Minority Health and Health Disparities; Office of Research on Women's Health/National Institutes of Health (NIH) advisory councils; March of Dimes; and National AIDS Fund board.

When asked about the secret to her success, the Harvard-educated obstetrician and gynecologist says in no uncertain terms that it is her passion. She adds, "The one thing I have always been fortunate to have is passion."

The Macon, Georgia, native is the founder and former Director of the Center for Women's Health Research at Meharry Medical College, where she also served as Dean of the School of Medicine and Senior Vice President of Health Affairs. The Center for Women's Health Research is the nation's first research center devoted to studying diseases that disproportionately impact women of color, with the goal of eliminating disparities in women's health.

Dr. Montgomery Rice also reminds us that the majority of healthcare decisions for the family are made by women, so it is important that they take better care of themselves and make the right choices. "It is critical for women to be healthy because they play a very pivotal role in determining the health and welfare of their family."

Dr. Montgomery Rice knows that much needs to be accomplished during her tenure at Morehouse School of Medicine.

Her future vision is to provide creative, holistic and culturally appropriate patient care by "educating and training clinicians and scientists who will lead the nation in the elimination of health disparities and the advancement of health equity. It's not just about medical intervention but social intervention," she stresses. "We have to engage people in their communities to make sure we can get patients engaged in the research. We have to provide patients with resources to help them self-engage in their care."



Linda D. Bradley, MD

Linda D. Bradley, MD, is a gynecologist with a tremendous passion for the evaluation and treatment of abnormal uterine bleeding, uterine fibroids and alternatives to hysterectomy. She has received numerous national awards for her research, lectures, writing and surgical expertise in hysteroscopic procedures. Dr. Bradley is Vice Chair of the Ob/Gyn & Women's Health Institute at Cleveland Clinic, as well as Founder and Chair of Cleveland Clinic Celebrate SisterhoodSM. Fondly referred to by many of her patients as "the foodie gynecologist," she wants women to reclaim their kitchen. Dr. Bradley believes in changing how we think about health — one plate, one pot and one fork at a time. She feels that each meal is a chance to heal, and every day she coaches her patients to choose to be healthy.



Margaret L. McKenzie, MD

Margaret L. McKenzie, MD, is a midlife woman and obstetrician and gynecologist who is committed to caring for the mind, body and soul of midlife mission is to help these women re-invent, re-discover and re-tool their authentic lives. She is an author and entrepreneur and has delivered compassionate care to women for the last 20 years at Cleveland Clinic, where she is also a member of the Board of Governors. Dr. McKenzie's goal is to help women live de-stressed, meaningful and enlightened lives. Honoring her own international background, she is actively involved in global missions concerning the provision of healthcare for women in need and the education of health professionals who provide those services. She has lectured nationally and internationally in her area of medical expertise and at women's wellness conferences across the country. Dr. McKenzie also co-authored a book with Dr. Mehmet Oz and Dr. Michael Roizen, *YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy*.



Leonor M. Osorio, DO

Leonor M. Osorio, DO, has been recognized for her ethics and her compassion by the Hispanic Business Association. She was the recipient of the Women of Excellence Award from the YWCA and was an awardee of the 40/40 club last year. Dr. Osorio practices internal medicine at Cleveland Clinic's Lutheran Hospital in Ohio City, where she is a bilingual physician in our Hispanic Clinic. Dr. Osorio's patients applaud her bedside manner, intellect and astute clinical skills. Not only does she help one patient at a time, but she is very involved in the Latino community. Her outreach includes a "hands on" connection with the Hispanic Senior Center. Increasingly, she is a sought-after speaker on topics related to Latino health disparities, barriers to health care for Hispanic patients, and the impact of diabetes on Latino populations.

Mark your calendars for these FREE 2016 **Celebrate Sisterhood** events



Cleveland Clinic Celebrate Sisterhood, in collaboration with
Stephanie Tubbs Jones Family Health Center, presents
**Dr. Mark Hyman and Dr. Linda D. Bradley in a
Dynamic Cooking Class Demonstration**

We will help you meet your New Year's resolutions by teaching quick, slimming, flavorful and budget-friendly meals. Learn ways to make simple meals and snacks that will reshape your lifestyle and help you gain confidence in the kitchen. Make 2016 the year to add new habits, break old habits and adopt a healthier lifestyle!

You're never too old or too young to get healthy and it's never too late to get started.

Saturday, January 9, 2016 • 11:00 a.m. - 1:00 p.m.

Lee Harvard Community Center

18240 Harvard Avenue, Cleveland, Ohio 44128

Free parking available.

The first 25 people to register will receive a free, autographed copy of *10-Day Detox Diet Cookbook*, which has more than 150 recipes to help you lose weight and stay healthy for life.



Cleveland Clinic Celebrate Sisterhood presents
**A Conversation with Mahisha Dellinger, CEO & Founder
of the CURLS Empire**

Leave your "bad hair" days behind. Join us as we hear from Mahisha Dellinger, who has been called the modern day "Madame C.J. Walker" of the haircare industry. Her astute business acumen and natural talent for delivering market-driven products has made CURLS a multimillion-dollar brand. Ms. Dellinger's book, *Against All Odds: From the Projects to the Penthouse*, will come to life through an interactive discussion covering her personal and professional journey. Ms. Dellinger also will share insightful tips for creating your own "wealth mindset."

Hear her advice on how to create a successful business and how to overcome the odds to achieving success. This mesmerizing and provocative conversation will linger in your thoughts long after the event is over.

The first 25 individuals to register will receive a free, autographed copy of Ms. Dellinger's book, *Against All Odds: From the Projects to the Penthouse*.

Saturday, April 2, 2016 • 1:00 p.m. - 3:00 pm

Cleveland Clinic Administrative Campus, Building 3

3050 Science Park Drive, Beachwood, OH 44122

Free parking is available.



Seating for these FREE events is limited, so register early to reserve your seat. **Registration is required and online only.** For more information and to register, please visit clevelandclinic.org/CelebrateSisterhood and go to the Sisterhood Celebrations tab.

Save The Date

Celebrate Sisterhood Summit 2016 • Saturday, October 15, 2016

We believe opportunity is for everyone.

We find strength in our diversity. In every way, our team reflects the rich culture of the people and communities we serve. Inclusion is a corporate priority, and we take seriously our responsibility to promote equality in hiring and our suppliers. Because together, we are Key. KeyBank proudly supports Cleveland Clinic & Celebrate Sisterhood, Women's Health & Wellness Summit.

KeyBank helps people and businesses thrive. Learn more.
Contact KeyBank at key.com/community.



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We thank our many raffle donors.

If you're interested in partnership opportunities, please contact Linda D. Bradley, MD, at bradlcl@ccf.org or 216.444.3435.

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