

# W O M E N ' S

Washington Women's Center offers collaborative health screenings, and diagnostic and educational programs tailored to meet a woman's needs. Washington Women's Center is located at 2500 Mowry Ave., Suite 150, Fremont, CA 94538. For more information, call (866) 608-1301 or (510) 608-1301. To register for classes, call (800) 963-7070 or go online at [www.whhs.com/womenscenter](http://www.whhs.com/womenscenter).

## Lunch and Learn Topics

Bring your lunch and come join us for a short topic about Women's Health.

### Cancer in the Family...Am I at Risk?

Who might benefit from genetic testing, and how is it done? This lecture will cover the basics of inherited cancer risk and the most common cancer syndromes. You will learn about genetic tests that are currently available and what the future might hold.

*When:* Tuesday, January 10, Noon to 1 p.m.  
*Location:* Washington Women's Center Conference Room

### Lose the Salt, Keep the Flavor (Demo)

It can be a real challenge to find prepared foods that are low in sodium. Learn to make fresh whole foods that are not only nutritious but quick to prepare. Come watch, smell, and taste samples of low sodium dishes. Class limited to 20. Fee: \$5

*When:* Wednesday, February 1, Noon to 1 p.m.  
*Location:* Washington Women's Center Conference Room

### Sensitivity, Pain, Fatigue...Is It Fibromyalgia?

Learn the latest research from a rheumatologist about the fibromyalgia disease process, as well as the latest treatment and self-help strategies.

*When:* Wednesday, March 14, Noon to 1 p.m.  
*Location:* Washington Women's Center Conference Room

### Latest in Minimally Invasive Treatment for Gynecological Issues

Find out the latest developments in surgical treatment options for gynecological problems.

*When:* Thursday, May 10, Noon to 1 p.m.  
*Location:* Washington Women's Center Conference Room

### Summertime is for Salads

Learn to make nutritious, delicious summer salads. A registered dietitian will prepare dishes, and you will get to sample these tasty, family-friendly meals. Class limited to 20. Fee: \$5

*When:* Wednesday, June 20, Noon to 1 p.m.  
*Location:* Washington Women's Center Conference Room

### 6th Annual Women's Conference: "Mind, Body, Energy!"

This event will feature a variety of sessions designed to provide you with knowledge and resources to energize and revitalize your mind and body. **Registration is required.** Fee: \$10 (includes continental breakfast and lunch)

*When:* Saturday, March 31, 9 a.m. to 2 p.m.  
*Location:* Conrad E. Anderson, M.D. Auditorium, Rooms A, B & C  
*Call:* (800) 963-7070 to register



## Evening Lecture Series for Women

Guest speakers will present women-focused health topics.

### Exercise for Your Health

We will discuss several types of exercise and the benefits of each from a woman's perspective.

*When:* Wednesday, January 18, 7 to 8 p.m.  
*Location:* Washington Women's Center Conference Room

### Getting Ready for Pregnancy

Are you planning to get pregnant soon? Learn the best ways to prepare from a registered dietitian and an obstetrician.

*When:* Thursday, February 23, 7 to 8 p.m.  
*Location:* Washington Women's Center Conference Room

### New Advances in Lupus Treatment

Women are more likely than men to acquire systemic lupus erythematosus. Learn about the new treatments and self-help programs.

*When:* Wednesday, May 23, 7 to 8 p.m.  
*Location:* Washington Women's Center Conference Room

### Relax, Renew, and Survive

In recognition of National Cancer Survivors Day, come practice relaxation and yoga, plus lectures about surviving women's cancers.

*When:* Wednesday, June 6, 6:30 to 8:30 p.m.  
*Location:* Washington Women's Center Conference Room

## Programs Featuring Physical Activity and Nutrition

### Yoga and Coping with Chronic Illness

Chronic illness can affect the immune system and place your body under constant stress. Empower yourself! Come learn and practice yoga poses that affect the health of the immune system and learn how to improve breathing, circulation and digestion. Class limited to 15. Fee: \$15

*When:* Monday, April 9, 6 to 8 p.m.  
*Location:* Washington Women's Center Conference Room  
*Call:* (510) 608-1301 to register and make payment



### The Right Weigh Program

A nutrition program for women taught by a registered dietitian that promotes activity, nutrition and behavioral lifestyle changes for long term weight loss and improved health. To address your individual needs, a one-on-one consultation is provided midway through the program.

*When:* Call for schedule  
*Location:* Washington Women's Center Conference Room  
*Call:* (510) 608-1356 for fees and more information



## Wellness Massage

We offer wellness massage for women by licensed massage therapists at our Women's Center. Massage can calm the nervous system and promote a sense of relaxation and well-being. We offer the following massages: Swedish massage, sports massage, therapeutic massage, soothing warm stone, pregnancy massage,

foot reflexology, deep tissue massage and chair massage.

Call: (510) 608-1301 for more information or to schedule a massage

## Arthritis Foundation Exercise Program

We offer the official Arthritis Foundation Exercise Program for people with mild osteoporosis and arthritis. Classes meet twice a week for six weeks. Fee: \$48 per session (12 one-hour classes)

When: Mondays and Wednesdays, 10:30 a.m. (women only)  
Mondays and Wednesdays, 4 p.m. (men and women)

Location: Washington Women's Center Conference Room

Call: Washington Women's Center Wellness Line at (510) 608-1301 to register or for more information

**New!**

## Arthritis Foundation Tai Chi Program

This exercise program uses gentle Sun-style tai chi routines for every fitness level. Tai chi is an ancient practice proven to reduce pain and improve your mental and physical wellness. Women only. Fee: \$48 for a six-class series or \$80 for a 12-class series.

When: Tuesday series meets once a week from 10 to 11 a.m.  
Thursday series meets once a week from 10:30 to 11:30 a.m.  
Tuesday & Thursday series meets twice a week at times listed above

Location: Washington Women's Center Conference Room

Call: Washington Women's Center Wellness Line at (510) 608-1301 to register or for more information



## Gentle Yoga for Health and Healing

This class is intended for women seeking a gentle program to support their overall health as well as their healing process. No previous yoga experience is necessary. Each class will include the basic principles of movement, structural alignment and breathing awareness. Fee: \$75 for a six-class series.

When: • Tuesdays, 6 to 7 p.m.  
• Wednesdays, 2 to 3 p.m.  
• Thursdays, 4:30 to 5:30 p.m. and 5:45 to 6:45 p.m.  
• Fridays, 10 to 11 a.m. (chair only)

Location: Washington Women's Center Conference Room

Call: Washington Women's Center Wellness Line at (510) 608-1301 for session dates, registration or for more information



## Combine classes for extra benefit and extra savings!

**Triathlon:** Tai Chi two times per week, Arthritis Exercise two times per week and Gentle Yoga one time per week: \$150 (save \$38)

**Marathon:** Tai Chi one time per week, Arthritis Exercise two times per week and Gentle Yoga one time per week, or Tai Chi two times per week and Arthritis Exercise two times per week: \$115 (save \$41)

**Half Marathon:** Arthritis Exercise two times per week, Tai Chi one time per week, or Gentle Yoga one time per week: \$85 (save \$11-\$23)

## Ladies Choice Program

Get into shape by joining the Ladies Choice Fitness Program. We offer our clients an individualized exercise program in a comfortable, friendly environment. *Physician clearance required.*

When: Tuesdays and Thursdays, open 2 to 6:30 p.m.

Location: Cardiac Rehab Gym, 2nd floor, Washington West (2500 Mowry Avenue, Fremont)

Call: (510) 494-7022 for fees

## Breast Health

Washington Women's Center offers state-of-the-art diagnostic services such as digital mammography, ultrasound, and minimally invasive breast biopsy. Our digital technology allows physicians to get reports and images more quickly in order to expedite care. Physician referral required.

Call: (510) 791-3410 to schedule an appointment

## Self Breast Exam Education

Meet with our nurse educator and learn how to do a self breast exam. You will watch a video and practice with a breast model. By appointment; allow 20-30 minutes.

Call: (510) 608-1356 to schedule an appointment

## Look Good...Feel Better®

Cancer treatments often cause changes in the condition of women's skin and hair. Our Look Good...Feel Better® staff of cosmetologists work with you, one-on-one, to address the personal changes you are experiencing. Sponsored by the American Cancer Society. **Must register to attend.**

When: 7 to 9 p.m.: January 23, March 19, June 11

Call: (800) 227-2345 to reserve your space

## Newly Diagnosed Breast Cancer Support Group

(See page 6.)

**Breast Cancer Support Group** (See page 6.)

**Cancer Genetics Clinic** (See page 4.)