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# LIVING WHOLE WELL & WISE

AN EVENT CELEBRATING EVERYDAY HEALTH FOR WOMEN AND GIRLS

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# speakers

## ALICE WATERS NATALIE COUGHLIN

LEE BALANCE, MD JENNIFER CHERRY TERRY FRANKLIN, RD

SARA GOTTFREID, MD KELLY HOOD, MD VIVIAN IGRA, MD

DEBBIE POSTLETHWAITE, RNP, MPH SHERRY PRUITT, PhD

MARCELLA RAIMONDO, MPH SABINE VON GLINSKI, MD JANE WIRTH

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## ALICE WATERS



Alice opened Chez Panisse in 1971, with the philosophy of serving only the highest quality products, only when they are in season. Over the course of three decades, Chez Panisse has developed a network of mostly local farmers and ranchers whose dedication to sustainable agriculture assures Chez Panisse a steady supply of pure and fresh ingredients.

In 1996, in celebration of the restaurant's twenty-fifth anniversary, she created the Chez Panisse Foundation to help underwrite cultural and educational programs such as the one at the Edible Schoolyard that demonstrate the transformative power of growing, cooking, and sharing food.

Alice is author and coauthor of eight books, and the recipient of numerous awards, including *Bon Appetit* magazine's Lifetime Achievement Award in 2000 and the James Beard Humanitarian Award in 1997.

## NATALIE COUGHLIN



Natalie Coughlin has built a reputation as the most versatile, dominant swimmer in the world. She seized five medals at the 2004 Olympic Games in Athens—two gold, two silver, and one bronze. Natalie's performance is considered the best in Olympic history by any American woman.

In doing so, Natalie became only the third American woman to win five swimming medals in a single Olympics. Natalie has broken multiple world records in the 100 m backstroke, is the current world record holder, and still remains the only woman ever to swim this event under the one minute mark. Overall, Natalie has broken six world records, 34 American records and 11 University of California, Berkeley records.

Currently, Natalie has her sights set on the 2008 Olympics in Beijing. She was recently selected as the 2005 National Spokesperson for "Kick Butts Day," a youth-focused, coast-to-coast event put on by the Campaign for Tobacco-Free Kids.

## LEE BALANCE, MD

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Dr. Balance attended the University of Chicago (now Pritzker) Medical School after graduating from Michigan State University. Following medical school, he completed an internal medicine training program at Lincoln Hospital in the South Bronx.

After three years of private practice in western Massachusetts, he moved to northern California and began working in emergency rooms. For the next several years, while continuing his emergency room work, he pursued training in many alternative medicine, including acupuncture, acupressure, hypnosis, and meditation. He joined Kaiser Permanente in 1988, working first in the Hayward Emergency Department then transferring to the Vallejo Medical Center, where he continues to work in the Orthopedic Department and serves as Chief of Alternative Medicine and Continuing Medical Education. He is board certified by the American Board of Internal Medicine and the American Board of Emergency Medicine. He received his medical acupuncture training through UCLA and is a member of the American Academy of Medical Acupuncture. When not at work he enjoys outdoor activities, including bicycling and water sports.

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**Complementary and Alternative Medicine (CAM) in the Early 21st Century.** CAM is often used to improve quality of life and manage various medical conditions. Dr. Lee Balance answers some very important questions such as "Does acupuncture really work, and if so, for what?" and "Should I use St. John's wort when I am feeling down?" Many people think that because CAM is natural, it must be safe. However, anything that has possible benefits also has possible adverse effects. Attend this informative workshop and learn about the different types of CAM, its safety and effectiveness, and its potential to interact with other treatment methods.

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## JENNIFER CHERRY, PRIVATE FITNESS COACH

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Jennifer Cherry owns and operates Fit Image Consulting in Alameda. She is an ACE certified Private Fitness Coach and Master Fitness by Phone Coach®.

She entered the fitness industry in 1989 with a background in ballet and competitive ice-skating. Jennifer helps her clients achieve their fitness goals by developing realistic programs that are manageable and effective. Her innovative approach is what makes her one of the most successful fitness coaches in the Bay Area.

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**Lifestyle Exercise: How to Find the Time and Stick to It!** We all know the importance of exercise in creating a balance of physical and mental health. Yet, reaching personal fitness goals can be challenging, especially when exercise can seem like another chore in an already hectic schedule. Can exercise really be fun and lifestyle friendly? Yes! Personal fitness trainer Jennifer Cherry knows the perils of personally peeling pounds. She'll show you how to lose weight, keep it off, and prevent adding those pounds in the first place. Let her motivate and educate you to choose the kinds of exercises that fit both your body and your schedule for fitness success.

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## TERRI FRANKLIN, RD

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Terri Franklin is a registered dietitian at the Kaiser Permanente Walnut Creek Medical Center, where she instructs individual members on special nutritional needs and teaches cholesterol, diabetes, heart smart, and healthy kidney classes.

She received her BS degree in foods and nutrition at California State Polytechnic University in Pomona, California, and completed her dietetic internship at University of California, San Francisco Medical Center. She has a CDR (Commission on Dietetic Registration) certification and food safety certification. Her hobbies include water aerobics and Pilates, old movies, and reading.

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**Healthy Eating: The Skinny on Popular Diets.** Is the South Beach Diet really today's healthiest carb diet? Does Atkins allow you to eat satisfying amounts of delicious, nutrient-dense foods and still drop pounds? With dieting products and plans everywhere in the media, how do you separate fact from fallacy? Nutrition expert and registered dietitian Terri Franklin gives you the straight scoop on these popular diets and the effects of dieting in general. Learn about successful weight loss and management strategies for a healthy lifestyle. Find out how eating the right foods—and avoiding others—helps us live whole, well, and wise.

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## SABINE VON GLINSKI, MD

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Dr. Sabine von Glinski was born in Munich, Germany, and grew up speaking German as her first and familial language. Most of her childhood was spent in the mountains outside of Golden, Colorado. Prior to attending college in the United States, she studied in France and obtained her baccalaureate from a *lycee* just outside of Paris.

Her undergraduate education was in physics with a degree from the University of California, Berkeley. She had intended to pursue an interest in magnetospheric and ionospheric physics, but fortunately remained a bit more earthbound and ended up pursuing a degree in medicine from the University of Colorado at Denver. Further training in orthopedics included clinical research with numerous publications in the field of joint arthroplasty or replacement at the University of Utah, an orthopedic residency with the San Francisco Orthopedic Residency Program, and a fellowship in trauma orthopedics in Hanover and Berlin, Germany, through the organization AO North America.

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**Prevention of Sports Injuries and Injuries of Daily Life.** Athlete and orthopedic surgeon, Dr. Sabine von Glinski will share tips on the best ways to prevent injuries during physical activity. She will also discuss strategies for recovery from sports-related injuries and surgeries. Whether you run, bike, swim, shoot hoops with your family, or tote babies or briefcases, learn how to perform any activity safely; and recover quickly when you don't. Come with your questions and talk with this expert about the preventions and treatments for maximizing performance, reducing fatigue and improving ergonomics—at any age.

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## SARA GOTTFRIED, MD, RYT

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Sara Gottfried, MD, RYT, learned yoga first from her great-grandmother and began a daily practice in 1989 while at Harvard Medical School. She was drawn toward integrative medicine at Harvard and completed intensive seminars with Herb Benson, MD; Deepak Chopra, MD; David Eisenberg, MD; and Ted Kaptchuk, OMD.

Following medical school, Dr. Gottfried finished her training at the University of California, San Francisco, in Obstetrics and Gynecology. She joined Women's Health at Kaiser Permanente in 1998 and practices integrative medicine at the Park Shadelands Medical Offices in Walnut Creek, California. As a yogini, her practice is rooted in the Krishnamacharya lineage and draws upon the teachings of TKV Desikachar (Viniyoga), BKS Iyengar and Patricia Walden (Iyengar Yoga), and Ana Forrest (Forrest Yoga). A believer in adapting yoga to the individual, she prescribes common yoga poses alongside western medicine to her patients. In 2003, she began teaching pre- and post-natal yoga as well as workshops in Berkeley, where she lives with her husband and two daughters.

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**Yoga.** Certified yoga instructor Sara Gottfried teaches the ancient healing practice that affects our total well-being: physical, psychological, physiological, emotional, and spiritual. From the "om" breath to posturing, yoga rejuvenates the body while replenishing the spirit. This harmony makes yoga different from stretching. Who doesn't want the benefits of improved lung respiration, blood circulation, muscle tone, flexibility, and mental focus? Practice this "movement meditation" that can put the *ahh* back in your physical alignment, and eases menstrual pains, anxiety, and depression. Get a yoga education, and be ready to try the demonstrations. There are no prerequisites for this class—you don't have to be able to touch your toes before you begin.

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## KELLY HOOD, MD

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Kelly Hood, MD, has been practicing medicine for 12 years and joined Kaiser Permanente in 2002. She is board certified by the American Academy of Dermatology. Dr. Hood received her medical degree from Louisiana State University and completed a residency program at Tulane University Medical Center.

She is a member of the American Academy of Dermatology, the American Society of Dermatologic Surgery, and the San Francisco Dermatology Society. She is also a spokesperson for the American Academy of Dermatology.

Dr. Hood is passionate about women's health and education, and has always enjoyed cutting-edge cosmetic and general dermatology. When she is not working, she enjoys spending time with her husband and twin sons.

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**Take Care of the Skin You Are In.** Your skin is the largest organ of your body. Keeping facial skin beautiful means sorting through more choices in the marketplace than ever before. Botox®, facial peels, anti-wrinkle creams and others—how do you navigate the latest advances in plastic surgery and dermatology? From options to best choices, what works and what hurts, how much and how often, talk to an expert about the latest cosmetic procedures to decide what's safe and effective for your skin. Dermatologist and surgeon Kelly Hood will also show you nonsurgical ways to care for your skin and make it look its best as it undergoes many changes throughout life.

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## VIVIEN IGRA, MD

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Vivien Igra, MD, is a pediatrician at the Kaiser Permanente Walnut Creek Medical Center. She has been practicing at Kaiser Permanente since 1994. She is a member of the American Academy of Pediatrics, American Medical Women's Association, and Society for Adolescent Medicine. She received her medical degree from Finch University of Health Sciences/the Chicago Medical School, North Chicago, IL, and completed her residency at University of California, Davis Medical Center, in Sacramento. She has done a fellowship at University of California, San Francisco Medical Center, and is board certified in adolescent medicine by the American Board of Pediatrics.

## MARCELLA RAIMONDO, MPH

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Marcella Raimondo, MPH, is a senior health educator at Kaiser Permanente. Her passion about the serious issue of eating disorders and body image stems from her 10-year battle with anorexia. From her experiences with the disorder and her recovery, Marcella developed a deep understanding, insight, and sensitivity about these issues. She is also the Media Literacy Director for About-Face, a San Francisco nonprofit that focuses on body image, eating disorders, and media. Ms. Raimondo received her Masters in Public Health from the University of Michigan in Ann Arbor. She interned at the Center for Eating Disorders, giving talks to schools and colleges in Ann Arbor and participated in eating disorder research.

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**Is it Really Just a Diet?** In this supermodel world, how do you love the body you're in when the media bombards us with unrealistic images? Are the numbers on a scale reflective of your self-worth? Join us and get answers to questions you have about eating disorders. Learn how to cultivate a positive body image, and how to be a good role model for your daughters. Former anorexia nervosa sufferer Marcella Raimondo, MPH, and pediatrician Vivien Igra, MD, talk openly about how to recognize the signs of eating disorders, why weight gain is an integral part of pubertal growth, and how to maintain healthy self-esteem.

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## DEBBIE POSTLETHWAITE, RNP, MPH

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Debbie Postlethwaite, RNP, MPH, is an Ob/Gyn nurse practitioner at Kaiser Permanente's South San Francisco Medical Center. She is also projects director of Women's Health Leadership in Northern California, and an investigator for the Kaiser Permanente Women's Health Research Institute.

Much of her work centers on developing effective strategies to reduce unintended pregnancies and their negative outcomes and on improving preconception health. She enjoys running with biking with friends, and attending sports events with her son.

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**Protecting Future Generations.** This workshop will briefly discuss the most important steps you and your daughters can take, whether you are planning a pregnancy now, in ten years, or if you are unsure whether you want children at all. Simple things like taking a multivitamin containing folic acid can greatly reduce the chances for brain and spinal cord birth defects called neural tube defects. Planning a pregnancy by using effective birth control is also important to reduce the risk of birth defects. These and other important prevention topics for all women and girls of childbearing age will be discussed in this interactive session.

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## SHERI D. PRUITT, PhD

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Sheri D. Pruitt, PhD, is a clinical psychologist and the Director of Behavioral Science Integration for Kaiser Permanente in Sacramento, California. Her work is at the organizational level, solving problems in the delivery of health care by applying behavioral science.

Dr. Pruitt has BS and MEd degrees from the University of Oklahoma and MS and PhD degrees from the University of New Mexico. She was a member of the faculty of the University of California, San Diego School of Medicine. As a scientist for the World Health Organization (WHO) in Geneva, Switzerland, she was the principal writer for two WHO reports providing global strategies for innovative care for chronic conditions. Dr. Pruitt has published extensively in the area of behavioral medicine, examining the influence of behavior on health outcomes. She is coauthor of a recently published book, *Stop Telling Me What—Tell Me How*.

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**It's All About You: A Healthy Body, A Happy Mind.** Psychologist Sheri D. Pruitt, PhD, encourages us to remember the words of airline flight attendants: "In case of an emergency, place the oxygen mask on yourself first!" When trying to balance the responsibilities of family, work, and relationships, a woman's tendency is to put her own needs last on the list. Sherry's simple, proven formula improves physical health and mental happiness. The keys are: knowing *what to do*, *how to do it*, and *wanting it for yourself*. You'll leave this workshop with five "how-to" skills to change any unhealthy behavior—freeing you to enjoy the things in life you cherish most.

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## JANE WIRTH

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Jane has worked in the field of Health Education for 25 years at Kaiser Permanente. She is a motivational speaker who has made presentations for the community on healthy eating, heart health, weight management, stress management, and spiritual growth.

Jane has been certified as a Labyrinth Facilitator for seven years and received her training through the Veriditas labyrinth movement at Grace Cathedral, San Francisco. She facilitates labyrinth events and has taught at Chartres Cathedral in France. Jane and her husband Craig were featured in an article about labyrinth use in the August 2003 issue of *Ladies' Home Journal*. Her personal interests include biking, hiking, bonsai training, music, and her grandchildren.

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**Walk Away Your Stress: Labyrinths for Relaxation.** Merge spirituality into your everyday life as motivational speaker and certified Labyrinth Facilitator Jane Wirth shows us how to use the imagery of a labyrinth to lessen stress. The labyrinth is an ancient symbol used as a meditation and prayer tool because it represents a journey to our own center and back again out into the world. The resulting sense of purpose relieves stress. Walk the onsite labyrinth and experience wholeness and wellness on this spiritual journey to your inner self. Then take the journey home to share the experience with family and friends to better their health.

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