



presents

Fifty Shades of Aging: Women's Health Along the Continuum

Staying Informed! Staying Healthy!

Tuesday May 5, 2015

7:30 am -12 noon

**The Center for Hospice & Palliative Care
225 Como Park Blvd.
Cheektowaga, NY 14227**

Sponsored by:
Sisters Hospital and Catholic Health
honoring Nurses Week

Co-sponsored by:
Professional Nurses Association of WNY

3 CEs Provided

The is no commercial support or sponsorship for this educational activity. Planners and speakers have declared they have no conflict of interest related to this program.

This activity has been submitted for approval to award contact hours.

Awarding of contact hours requires attendance at all of the class and the participant completing an evaluation.

REGISTRATION INFORMATION

Fifty Shades of Aging: Women's Health Along the Continuum

May 5, 2015 • 7:30 am -12:00 noon

The Center for Hospice & Palliative Care
225 Como Park Blvd., Cheektowaga, NY 14227

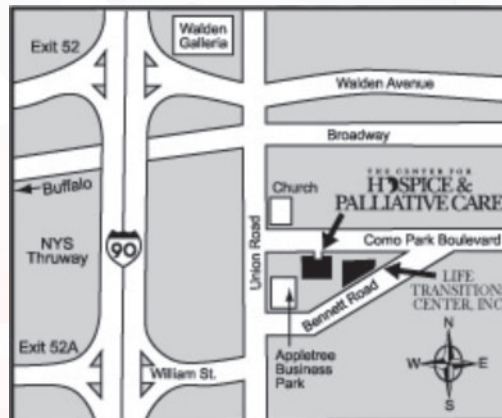
Fee: \$20.00 • 3 CEs Provided

Deadline for Registration: April 24, 2015

Make checks payable to:
Professional Nurses Association of WNY

Mail to:
Diane Ceravolo, Nursing Administration
Sisters Hospital
2157 Main St., Buffalo, NY, 14214

Questions:
Please call Diane Ceravolo at 862-1792.



From North:

Thruway (I-90) West to Exit 52 East - Walden Avenue
East for .5 mile to Union Road, right on Union Road
for 1 mile to Como Park Blvd., left onto Como Park
Blvd., 0.5 mile to The Center on right.

From South:

Thruway (I-90) East to Exit 52A East - William Street,
right onto William Street East, William Street for 1
mile to Union Road, left onto Union Road for 3/4 mile
to Como Park Blvd., 0.5 miles to The Center on right.

Registration for Fifty Shades of Aging • May 5, 2015

Registration deadline is April 24, 2015.

Send in completed form along with check for \$20.00 payable to: Professional Nurses Association of WNY

Name: _____ Email address: _____

Select one: ☐ RN ☐ RN retired ☐ Non RN health care worker ☐ Community member ☐ RN SOC/SJC

Return check and registration to: Diane Ceravolo, RN, MS
Director of Professional Nursing Practice

Sisters of Charity Hospital
2157 Main Street
Buffalo, NY 14214

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Fifty Shades of Aging: Women's Health Along the Continuum

Program

7:30 am 8:00 am

Registration & Healthy Breakfast

8:00 am 8:15 am

Welcome:

Linda Panaro, Emcee

Chair, Sisters Hospital Foundation

8:15 am 9:15 am

Mrinalini Meesala, MD, FACC

Heart Disease in Women

9:15 am 10:15 am

Sylvia Regalla, MD

Women's Health

Brain/Gut Connection to Wellness

10:15 am - 10:30 am

Break

10:30 am - 11:30 am

Kathleen Lindaman Aebischer, BSPT

Women's Pelvic Floor Health

11:30 am - 11:45 am

Wrap-up, Evaluation, CE Documentation

*** All presentations allow for 20 minutes
of questions and answers at the end.**



Linda Panaro

Linda Panaro is a senior vice president for Northwest Savings Bank and a strong champion and volunteer for our WNY community. She is currently the board chair of Sisters Hospital Foundation, a member of St. Joseph's Patient Advisory Council, past vice president for the board of directors of Clarence Chamber of Commerce, and a member of the board of directors for the Cheektowaga Chamber of Commerce.



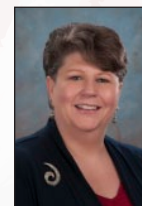
Mrinalini Meesala, MD, FACC

Dr. Mrinalini Meesala has focused her medical career on heart disease in women with a strong emphasis on prevention practices. After graduation from Osmania Medical College in India, she completed both an internal medicine residency and cardiovascular disease specialty at Drexel University. She is board certified in internal medicine and is also board certified by the National Board of Echocardiograph and Nuclear Cardiology. Dr. Meesala is a prolific author on the topic of cardiac intervention therapies, and has lectured exclusively on the topic of women's health.



Sylvia Regalla, MD

Dr. Sylvia Regalla is a nutritional medical pioneer and Buffalo native. She earned both her bachelor's degree in biology and her medical degree from the State University of New York at Buffalo. She also completed a master's degree in applied clinical nutrition, and is board certified in integrative and holistic medicine. In addition to her role as clinical assistant professor of medicine at UB, an adjunct professor of nutrition at



Kathleen Lindaman Aebischer, BSPT

Kathleen Lindaman Aebischer is a native of Western New York and graduated from Ithaca College in 1984 with a bachelor's degree in physical therapy. She has worked in both private practice and hospital settings for 30 years with a focus on women's health services for the past 17 years. Currently, she treats patients with pelvic floor dysfunction at the M. Steven Piver, MD Center for Women's Health and Wellness at Catholic Health's Sisters of Charity Hospital, and is the outpatient Partners In Rehab manager for Catholic Health's Sisters Main Street and St. Joseph campuses. She is an adjunct faculty lecturer for the University at Buffalo's physical therapy doctorate program, and is a member of the adjunct faculty at D'Youville College.

the New York Chiropractic College, and a teaching professor at the University of Maryland School of Integrative Health. Dr. Regalla is a founding diplomat of the American Board of Integrative Holistic Medicine. She currently specializes in functional medicine, (comprehensive care for complex chronic disease), and nutrigenomics (the study of molecular relationships between nutrition and the responses of genes) to determine how subtle nutritional changes affect human health. Functional medicine and nutrigenomics addresses the healthcare needs of the 21st century. Dr. Regalla is a pioneer in this cutting-edge approach that integrates traditional medicine with integrative medicine, creating a focus on prevention and wellness.