



Susan Samueli
Integrative Health Institute



21st Annual
**WOMEN'S
WELLNESS DAY**



Anchored in Wellness

PROGRAM

MAY 5, 2023
BALBOA BAY RESORT

UCI Health

From Our Chair Lauren Rednour



Welcome to the 2023 Women's Wellness Day (WWD)!

The goal of WWD is to improve whole-person health by offering an inspiring and educational experience. Integrative medicine is an approach to healthcare combining modern medicine with established practices from around the world developed over centuries of the human experience. I have been inspired by my experiences with the Susan Samueli Integrative Health Institute (SSIH)'s level of care and education, and I am honored to be the WWD chair!

The Samueli Institute's vision is to be the preeminent national and international academic institute for pioneering multidisciplinary research, education, and healthcare practices for the care of the whole person.

Anchored in Wellness is the theme of this year's Women's Wellness Day, which connects to SSIH's foundation of reimagining healthcare by complementing conventional treatments with integrative services that are informed by science and incorporated into the training of future team-based health professionals.

Thanks for joining us today. Sit back and relax, and be inspired!

2023 Women's Wellness Day Committee

Tonya Becerra
Kelly Brennan
Kay Burra
Sara Garske
Rikke Gasner
Sandi Jackson

Amber Johnson
Bev Kritzstein
Kamber Lamoureux
Shaista Malik
Michelle McCoy
Dana Orsini

Patti Porto
Lauren Rednour
Susan Samueli
Barbara Steinberg
Megan Stirrat -
Emcee

21st Annual

WOMEN'S WELLNESS DAY

Anchored in Wellness

THANK YOU TO OUR SPONSORS

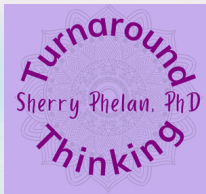
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UCI Health



Laura Khouri &
Michael K. Hayde

*Palmer Family
Foundation*



THE ORANGE COUNTY
REGISTER



MOTHER'S



Quality is



International Destination



**RESTAURANT
BREWHOUSE**

LAKE SHORE
TRAVEL





OUR MISSION

To transform healthcare through the practice of integrative health by conducting rigorous research, promoting evidence-informed treatment modalities, educating the public on wellbeing practices, providing individualized, patient-centered clinical care and providing services to the community that focus on obtaining optimal health.



An innovative approach to healthcare supported by research

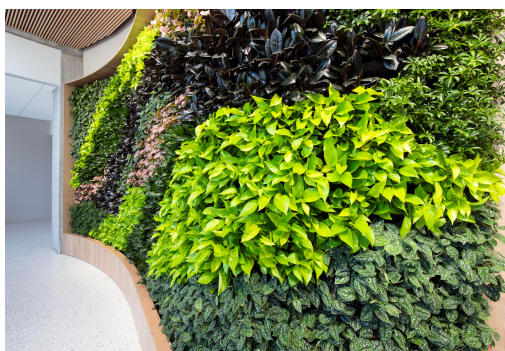
The Susan Samueli Integrative Health Institute, part of UCI Health, offers care from specialty physicians, health coaches, registered dietitians, naturopathic doctors, nurse practitioners, psychologists and concierge primary care physicians.

All our providers share a perspective that highlights the importance of a whole-person, systems-based approach to health. We offer advanced diagnostics and develop individualized treatments to optimize your health and well-being.

Integrative Clinical Services

- Acupuncture
- Biofeedback
- Breast Health
- Cardiology
- Children's Health
- Concierge Primary Care
- Dermatology
- Executive Health
- Gastroenterology
- Health and Wellness Coaching
- Massage Therapy
- Medical Group Visits
- Mindfulness
- Naturopathic Medicine
- Nutrition
- Pain Care
- Physical Therapy
- Weight Management
- Women's Health

VISIT THE SAMUELI INSTITUTE'S NEW IRVINE LOCATION



To learn more about our institute and our whole-person approach to healthcare, please scan the QR code or visit ssih.uci.edu



LOCATIONS:

UCI Health Susan Samueli Integrative Health Institute - Irvine

856 Health Sciences Road
Irvine, CA 92617
(949) 824-7000

UCI Health - Anaheim

2441 W. La Palma Ave., Suite 100
Anaheim, CA 92801
657-282-6356

UCI Health - Costa Mesa

1640 Newport Blvd
Suites 400 & 450
Costa Mesa, CA 92627
(949) 386-5260

UCI Health - Laguna Hills

23961 Calle de la Magdalena
Ste. 200
Laguna Hills, CA 92653
(949) 238-4100

UCI Health - Newport Beach

2161 San Joaquin Hills Road
Newport Beach, CA 92660
(949) 386-5700

UCI Health - Santa Ana

800 N. Main St.
Santa Ana, CA 92701
657-282-6355

UCI Health - Yorba Linda

18637 Yorba Linda Blvd.
Yorba Linda, CA 92886
(714) 790-8600



SSIH_OC



samueli.institute



UCI Health

**Susan Samueli
Integrative Health Institute**

Integrative health didn't just treat one problem — it looked at my whole picture.

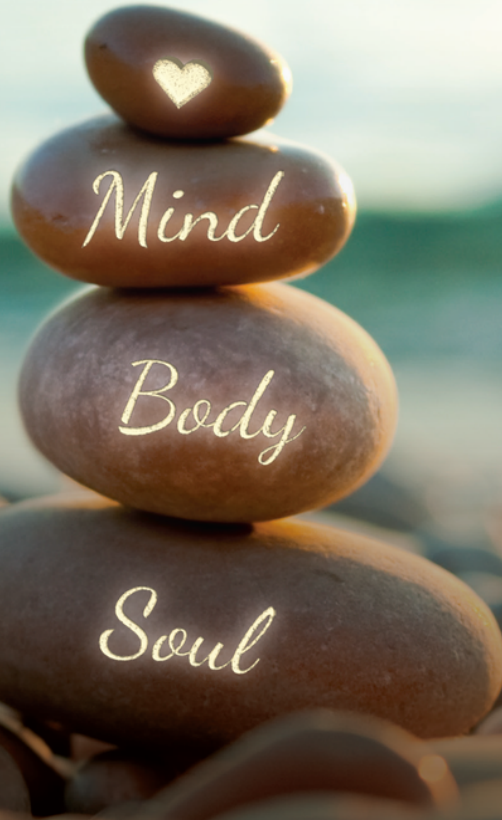
Susan Samueli Integrative Health Institute offers a range of services from nutrition to acupuncture. Discover the difference integrative health can make.

Learn more at ssihi.uci.edu



Model used for illustrative purposes.

TAKE CARE OF YOURSELF



Proudly Supporting The Susan Samueli
Integrative Health Institute



Laura Khouri &
Michael K. Hayde



We're proud to support the
Susan Samueli Integrative
Health Institute in hosting
their 21st Annual
Women's Wellness Day!

Lisa Argyros
Argyros Family
Foundation



Saluting 21 years of Women's Wellness Day

UCI Health congratulates the Susan Samueli Integrative Health Institute on your 21st Annual Women's Wellness Day. We value your continued commitment to empowering women in Orange County and beyond. Thank you for providing the tools and knowledge to help women stay the course of their personal health and wellness journey.

UCI Health

ucihealth.org





21st Annual Women's Wellness Day

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MENU

MADE WITHOUT GLUTEN OR DAIRY

BREAKFAST

- **Gluten-Free Breakfast Bakery Basket (Table)**
- **Plated Seasonal Sliced Fruit and Berries**
 - Mango, Kiwi, Strawberry, Blackberry, Dragon Fruit, Melons, Pineapple, Seasonal Citrus
- **Just Egg Frittata (V, GF)**
 - Vegan Sausage, Seasonal Exotic Mushroom Blend, Vegan Cheddar, Grilled Asparagus, Semi Dried Roma Tomato, Arugula Pesto

LUNCH

- **Seared Icelandic Cod (GF)**
 - Cauliflower Couscous & Quinoa with Green Peas, Pomegranate Seeds, Toasted Pine Nuts, Cassis Vinaigrette
- **Sazon Spiced Tofu Scallop (V, GF)**
 - Roasted Corn and Almond Milk Puree, Garlic Kailan, Pomegranate Seeds

DESSERT

- **Chia Seed Pudding (V, GF)**
 - Coconut Milk, Monk Fruit Sugar, Blueberry Puree, Mango Compote, Mint Leaf

SNACKS FOR HEALTHY MARKETPLACE BREAK

- Guacamole and GF Chips
- Red Beet Hummus Crudité (carrots, celery, broccoli, cauliflower, radish)

HAPPY HOUR SIGNATURE MOCKTAIL

- 2 oz Pomegranate Juice/Syrup
- ½ oz Fresh Lime Juice
- Splash of Club Soda
- Lime Slice
- Pinch of monk fruit to sweeten



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PROGRAM

7:00 a.m. **Registration & Marketplace Open**
Ballroom Foyer, Ballroom Terrace

7:30 a.m. **Morning Experiential Sessions**
Choose one experiential to start your day



Gentle Yoga to Energize Your Morning

with Jaclyn Leong, DO
Internal Medicine, Susan Samuelli
Integrative Health Institute
Mariners Room



Mindful Awe Walk

with Jessica Drew de Paz, PsyD
Director of Mindfulness, Clinical
Psychologist, Susan Samuelli Integrative
Health Institute
Bayfront Lawn



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8:30 a.m.

Session One

Main Ballroom
Breakfast



Welcome

Whole-Person Care: Why Now?

with Shaista Malik, MD, PhD, MPH, FACC

Associate Vice Chancellor of Integrative Health, Susan & Henry Samueli College of Health Sciences; Professor of Medicine, Cardiology; Executive Director, Susan Samueli Integrative Health Institute, UCI



The Hormone Symphony:

Keys to Achieving Balance Naturally

with Tara Scott, MD

Hormone Guru



Stress, Resilience and Mental Health: A Neurovisceral Integration Perspective on Emotional Wellbeing

with Julian Thayer, PhD

Distinguished Professor Psychological Science, School of Social Ecology UCI



Emerging Integrative Therapies for Migraines

**with Robert Bonakdar, MD, FAAFP,
FACN, DAAPM**

Director of Pain Management
Scripps Center for Integrative Medicine



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9:55 a.m. Healthy Break & Marketplace
Ballroom Foyer, Ballroom Terraces

10:40 a.m. Session Two
Main Ballroom



The Hard Science of Herbal Medicine: Understanding Botanical Therapeutics at the Molecular Level

with Geoffrey Abbott, PhD

Professor of Physiology and Biophysics
and Vice Dean, Basic Science Research,
UCI School of Medicine; Samuelli Scholar,
UCI



A Guided Meditation: Connecting to Your Higher Self

with Sanaz Demehry, MS, PA-C

Physician Assistant, Herbalist, UCI Susan
Samuelli Integrative Health Institute



Your Inner Wisdom: A Compass to Well-Being

with Tieraona Low Dog, MD

Founding Director of Medicine Lodge
Ranch and Former Fellowship Director,
University of Arizona Center for Integrative
Medicine



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11:45 a.m.

Healthy Break & Marketplace

Ballroom Foyer and Ballroom Terraces
Food and drinks served on Upper
Ballroom Terrace

12:30 p.m.

Main Session

Main Ballroom
Lunch



Review of Susan Samueli Integrative Health Institute Accomplishments

**with Shaista Malik, MD, PhD, MPH,
FACC**

Associate Vice Chancellor of Integrative
Health, Susan & Henry Samueli College
of Health Sciences; Professor of
Medicine, Cardiology; Executive
Director, Susan Samueli Integrative
Health Institute, UCI



Keynote: Eat to Beat: From Diet to Cancer Prevention

with William Li, MD

Author; President and Medical Director,
Angiogenesis Foundation



21st Annual Women's Wellness Day

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2:00 p.m.

Happy Hour and Marketplace

Happy Hour Upper Ballroom Terrace

Hosted signature mocktail and soft drinks.
Beer & wine available for purchase.

VIP Reception - *By invitation* Quarterdeck Room (Upper Terrace)

GENTLE YOGA TO ENERGIZE YOUR MORNING

with Jaclyn Leong, DO

Staff Physician, Susan Samueli Integrative Health Institute,
UCI Health

Mariner Room

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A combination of breath work, supported meditation, and gentle movement sequences will guide your relaxation and align energizing intentions for digestion and the wellness day ahead.

Bring a yoga mat. Towels will be provided.

KEY TAKEAWAYS

Your morning yoga experience is designed to:

- Set your intention for the day
- Enhance digestion
- Boost focus and concentration
- Improve energy and vitality
- Reduce stress and inflammation

MINDFUL AWE WALK

Jessica Drew de Paz, PsyD

Director of Mindfulness Services, Clinical Psychologist,
Susan Samueli Integrative Health Institute, UCI

Bayfront Lawn

Sponsored by



Turn a simple stroll into an “Awe Walk.” Awe can be defined as a sense of wonder and reverence, making us feel like we are part of something greater than ourselves. Join us, as we connect to the world around us, and to each other.

KEY TAKEAWAYS

You can take an “Awe Walk” any time:

- Take a deep breath. Notice the sensations of the inbreath and outbreath.
- As you start to walk, feel your feet on the ground and listen to the surrounding sounds.
- Be open to what is around you, to things that are vast, unexpected, things that surprise and delight.
- Let your attention be open in exploration for what inspires awe (A wide landscape? The small patterns of light and shadow?)
- Continue your walk and, every so often, bring your attention back to your breath. Notice—really notice—the multitude of sights, sounds, smells, and other sensations that are dancing through your awareness, usually undetected.

This can support you in:

- Lessening burdens, frustrations and worries
- Decreasing substances related to body-wide inflammation
- Sharpening your brain
- Boosting prosocial emotions such as compassion and gratitude
- Making you feel more connected to your world and to humanity

Reference: Dacher Keltner, PhD, UC Berkeley:

greatergood.berkeley.edu/article/item/how_to_cultivate_awe_walking_meditation



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THAT MATTER



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- **All of Us** allofus.health.uci.edu
- **Amis de la Terre Zero Waste Market** [Instagram @amisdelaterremarket](https://www.instagram.com/amisdelaterremarket)
- **Booskies Cookies** www.booskiescookies.com
- **Danielle Morgan Jewelry** daniellemorganjewelry.com
- **Duchess of Pearls** www.duchessofpearls.com
- **Facial Lounge** faciallounge.com
- **Fermentation Farm** fermfarm.com
- **UCI Gavin Herbert Eye Institute** ophthalmology.uci.edu
- **Golden Spark Studio** [Instagram @golden.spark.studio](https://www.instagram.com/golden.spark.studio)
- **Golden State Workshop** goldenstateworkshop.com
- **IVI Vision** www.ivivision.com
- **La Sol Collective** lasolcollective.com
- **Laura's House** www.laurashouse.org
- **Le Cadeaux** le-cadeaux.com
- **Malibu Road** maliburoad.us
- **Miel** mielboutique.com
- **Never Alone Candles** neveralonecandles.com
- **On Board Organics** www.onboardorganics.com
- **Taera Jewelry** taerajewelry.com
- **UCI Anti-Cancer Challenge** www.anti-cancerchallenge.org
- **UCI Health** www.ucihealth.org
- **UCI Plastics** www.uciplasticsurgery.com
- **Vacations That Matter** www.vacationsthatmatter.com



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The Hormone Symphony: Keys to Achieving Balance Naturally

TARA SCOTT, MD

Hormone Guru



Dr. Tara Scott will talk about women's hormones, their functions, and the symptoms that can result from hormonal imbalance. You'll gain insights into how stress can affect all of your hormones. You will also be introduced to the four pillars of hormone balance and tools you can use to achieve hormone balance naturally.

KEY TAKEAWAYS

- Female hormones are not just about reproduction and pregnancy; they have many other vital functions in your body.
- While fluctuations during perimenopause can be normal, there are ways to ease the transition.
- Stress can affect all of your hormones - especially your female hormones and thyroid.
- Five tips to help your hormones stay balanced:
 1. Sleep at least eight hours every night
 2. Address movement daily
 3. Find the tool for stress management that works for you
 4. Eat whole foods, and minimize consumption of processed foods, sugar and alcohol, to help hormone balance
 5. Be aware of environmental toxins and minimize your exposure to help prevent hormone imbalances.



MEGAN STIRRAT

Senior Vice President
Wealth Manager

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100 Spectrum Center Dr.
#1100
Irvine, CA 92618

Saving and investing for the future doesn't have to be stressful. As a financial advisor, Megan helps her clients relax and succeed by providing solid wealth management strategies with predictable income and growth potential.

Meeting the financial needs of women through significant transitions in life like divorce and retirement for over 20 years, Megan has a reputation for her "sensible and sensitive" approach, her invaluable guidance, and her ability to explain — in simple terms — the complex role that investments play.

- September 2020, 2021, 2022 - Working Mother/SHOOK Research's **"Top Wealth Advisor Moms"** list
- April 2020, 2021, 2022 - Forbes **"America's Top Women Wealth Advisors"** list
- January 2020, 2021, 2022, 2023 - Forbes **"Best-in-State Wealth Advisors"** list

**In the spirit of wellness, let Megan help you
stay financially fit too!**

Stress, Resilience and Mental Health: A Neurovisceral Integration Perspective on Emotional Wellbeing

JULIAN THAYER, PHD

Distinguished Professor Psychological Science,
School of Social Ecology, UCI

Sponsored by



The intimate connection between the brain and the heart via the vagus nerve was enunciated by French physiologist Claude Bernard over 150 years ago.

In our neurovisceral integration model, we have tried to build on this pioneering work and revive interest in the vagus. Learn how the model integrates autonomic, attentional, and affective systems into a functional and structural network that may help to guide understanding of emotion wellbeing.

KEY TAKEAWAYS

- Heart rate variability is a measure of vagus nerve activity.
- Slow breathing can enhance vagus nerve function.
- Better vagus nerve function is associated with better physical and mental health.

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UPCOMING EVENTS

May 10th : Skincare Class

1890 Newport Blvd., Costa Mesa, CA 92627

May 13th : Huntington Beach Customer Appreciation

19770 Beach Blvd., Huntington Beach, CA 92648

May 16th : Bingo Night

19770 Beach Blvd., Huntington Beach, CA 92648

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To get invites to these exclusive events and to get the best deals, **join our Family Rewards** program. Scan the QR code to sign up and **receive a \$25 off \$75 coupon.**



Emerging Integrative Therapies for Migraines

ROBERT BONAHDAR, MD, FAAFP, FACN, DAAPM

Director of Pain Management,
Scripps Center For Integrative Medicine
Assistant Clinical Professor,
University of California, San Diego, School of Medicine

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Migraines affect 40 million Americans and are three to four times more likely in women.

Migraines also have nutritional and autonomic underpinnings which are often underappreciated and lead to poor satisfaction in care.

This session will review innovative nutritional and biostimulation treatments to optimize migraine recovery.

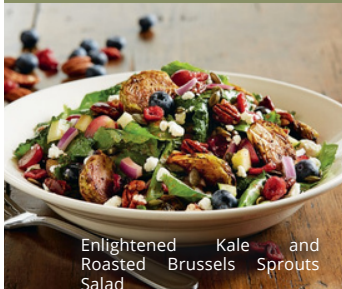
KEY TAKEAWAYS

The audience will learn that migraines are:

- the most common cause of disability in women under 50.
- the body's attempt to recover from oxidative stress.
- associated with metabolic and autonomic dysfunction.
- improved with optimized nutrition.
- improved with individualized mind-body therapies.

WE ARE PROUD TO SUPPORT WOMEN'S WELLNESS DAY

Our EnLIGHTened Entrees® include over 9 items featuring nutrient-rich superfoods, low-calorie dishes, vegetarian entrees and gluten-free options.



Enlightened Kale and
Roasted Brussels Sprouts
Salad



Enlightened Cherry
Chipotle Glazed Salmon



Lunch Enlightened
Mediterranean Chicken Bowl

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UCI Anti-Cancer
Challenge

RIDE. RUN. WALK. TO DEFEAT CANCER.

Challenge yourself with a 5K/10K run or walk, 14-, 35-, 60- or 100-mile bike ride or a mountain bike ride with your friends and family!

No matter how you participate in the UCI Anti-Cancer Challenge, **100% of your contribution supports life-saving cancer research** at the UCI Health Chao Family Comprehensive Cancer Center.



SATURDAY, OCT. 7
ALDRICH PARK, UC IRVINE
ANTI-CANCERCHALLENGE.ORG



The Hard Science of Herbal Medicine: Understanding Botanical Therapeutics at the Molecular Level

GEOFFREY ABBOTT, PHD

Professor of Physiology and Biophysics, and Vice
Dean, Basic Science Research, UCI School of Medicine;
Samueli Scholar, UCI

Sponsored by



Plants have been used as medicines since prehistory. Many specific uses of herbal medicine are rooted in tradition and even mythology. Abbott will share how a methodical, molecular mechanistic approach to investigations is leading to discovering that many traditional botanical therapies work

and, in some cases, offer novel therapeutic approaches where modern synthetic medicines have fallen short.

KEY TAKEAWAYS

- Our ancestors were using plants as medicine as early as 1 million years ago – long before our species, Homo sapiens, existed.
- We recently discovered that a specific class of proteins (potassium channels) that conduct electrical currents in our bodies are important medicinal targets for metabolites found in plants that we commonly consume as foods and herbal medicines.
- The effects of plant metabolites on the electrical activity in our bodies rationalizes use of herbal medicines for disorders including epilepsy, ataxia, pain, inflammation and hypertension.
- By examining the effects of herbal medicines at the molecular level, we can ultimately improve their use in the clinic and discover new, safe and effective drugs from plants.
- We still have much to learn from ancient and modern use of medicinal plants by indigenous populations, including North American First Nations. By safeguarding their culture and the habitats in which medicinal plants grow, we can ensure their knowledge and the medicinal plant species themselves are not lost forever.



**Turnaround
Thinking**
Sherry Phelan, PhD

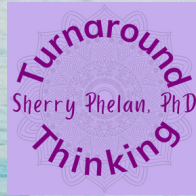
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WOMEN'S WELLNESS DAY

A Guided Meditation: Connecting to Your Higher Self

SANAZ DEMEHRY, MS, PA-C

Physician Assistant and Herbalist,
Susan Samueli Integrative Health Institute, UCI

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Participate in a guided meditation designed to create a sense of relaxation throughout the mind and body. Tap into the innate inner wisdom, intuition and guidance that all women cultivate on their life's journey.

KEY TAKEAWAYS

- Guided meditation leads to relaxation and stress reduction.
- Meditation's internal focus can often help us understand how we think and feel.
- Consistent meditation practice can lead to the cultivation of a more positive perspective of life's experiences.
- Meditation practice has been shown to facilitate pain reduction, better sleep, improved mental health and a more positive outlook regarding our daily lives.
- Additional guided meditations can be found in the SSHI Learning Library:





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Congratulations
on the 21st year!

Your Inner Wisdom: A Compass to Well-Being

TIERAONA LOW DOG, MD

Founding Director of Medicine Lodge Ranch
Former Fellowship Director, University of Arizona
Center for Integrative Medicine

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Women experience many stress-related symptoms such as headache, fatigue, anxiety, poor concentration, irritability, worry, insomnia, muscle tension and digestive problems.

Even though we manifest symptoms in our physical body, it might not be where the root of the problem lies. True health and contentment come from not only looking outward for knowledge and guidance, but from turning inward, honoring our bodies, and listening to own inner wisdom.

KEY TAKEAWAYS

- Learn to recognize the subtle signals your body is sharing with you.
- Honor your experience and your story.
- Create space for quiet, for stillness.
- Practice mindfulness to deepen your connection to self and others.



Supporting Orange County's thriving
mosaic of community well-being

Proud sponsor of the
21st Annual
**WOMEN'S
WELLNESS DAY**

KEYNOTE SPEAKER

Eat to Beat: From Diet to Cancer Prevention

WILLIAM LI, MD

Author; President and Medical
Director, Angiogenesis Foundation

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William W. Li, MD, is an internationally renowned physician, scientist and author of the New York Times bestsellers “Eat to Beat Disease: The New Science of How Your Body Can Heal Itself” and the recently released “Eat to Beat Your Diet: Burn Fat, Heal Your Metabolism, and Live Longer.”

His groundbreaking research has led to the development of more than 30 new medical treatments that impact care for more than 70 diseases including diabetes, blindness, heart disease and obesity. His TED Talk, “Can We Eat to Starve Cancer?” has garnered more than 11 million views. Dr. Li has appeared on Good Morning America, CNN, CNBC, Rachael Ray and Live with Kelly & Ryan, and he has been featured in USA Today, Time Magazine, The Atlantic and O Magazine. He is President and Medical Director of the Angiogenesis Foundation, and he is leading global initiatives on food as medicine.

Learn more about Dr. Li’s work in his two books:
Eat to Beat Your Diet & Eat to Beat Disease

Website: drwilliamli.com

Follow him on Instagram, Twitter, Facebook and YouTube:
@drwilliamli

KEYNOTE SPEAKER

Eat to Beat: From Diet to Cancer Prevention

WILLIAM LI, MD

Author; President and Medical Director, Angiogenesis Foundation

Sponsored by



Dr. Li will discuss the surprising new science of weight loss, revealing healthy body fat can help with weight loss, factors underlying metabolism, and fasting windows.

Diet isn't only about weight but can prevent or drive chronic disease.

Although the link between diet and diabetes and heart disease are well established, emerging evidence shows that cancer can also be targeted with not only drugs but food.

KEY TAKEAWAYS

- Metabolism at an older age can be the same at a younger age.
- Everyday foods can be harnessed to activate fat burning systems.
- Foods can activate the body's own anti-cancer defense systems, including the gut microbiome and immune system.
- Growing evidence shows that adding certain dietary factors may improve cancer patient response to therapy.



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Valid until October 31, 2023.





**Sandi
Jackson**



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Women's Wellness for
21 years!**

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Women's Wellness Day 2023



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To meet the increasing demand for the Concierge Primary Care Program, Judy Lee Vogt, MD, has joined the Susan Samuelli Integrative Health Institute as a Concierge Primary Care provider in Newport Beach.

Dr. Lee Vogt is a board-certified family medicine practitioner. Her clinical interests include preventive medicine, women's health, management of chronic conditions and promoting health and wellness through patient-centered care.

"In the concierge model, we have the luxury of time."

– Judy Lee Vogt, MD, Concierge Primary Care Physician

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Celebrating and Supporting Women's Wellness Day 2023

Complement your integrative health routine, and take care of your mind, body and spirit by getting away!

Many first-class beach villas, immersive educational experiences, remote locales, bustling international cities and other inspiring destinations await you.

As travel has bounced back in the last year, many travelers are working on their bucket lists and planning beyond 2023 to ensure they get access to the experiences they want.

Tell a Lake Shore Travel advisor about your travel dreams, and let us help you design a plan to make them a reality.

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the Pier on PCH - Sea you soon!**

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#in:isenergyofthesea

Our News Isn't Just Local.

It's Personal.



May 18, 2021, The Orange County Register. Photo by Leonard Ortiz, Orange County Register/SCNG.

From natural disasters to sports triumphs, birth announcements to obituaries, local news has always been a matter of life and death, joy and tragedy.

We'll keep reporting the news that affects you in a personal way—accurately and objectively. Because if it's happening in your backyard, it's a big story to us.

The Orange County Register is proud to support UCI Susan Samueli Integrative Health Institute's Annual Women's Wellness Day.

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REGISTER

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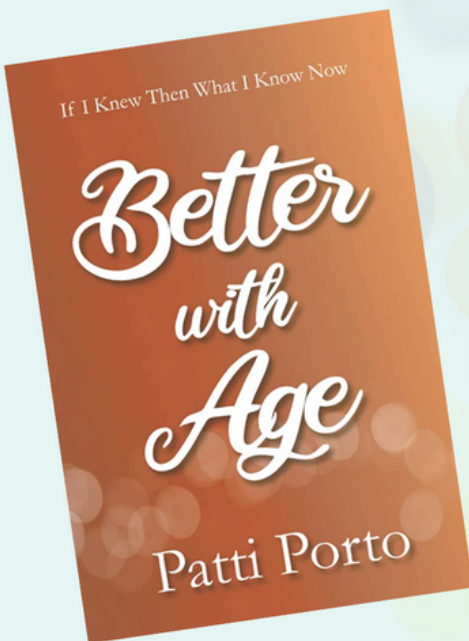
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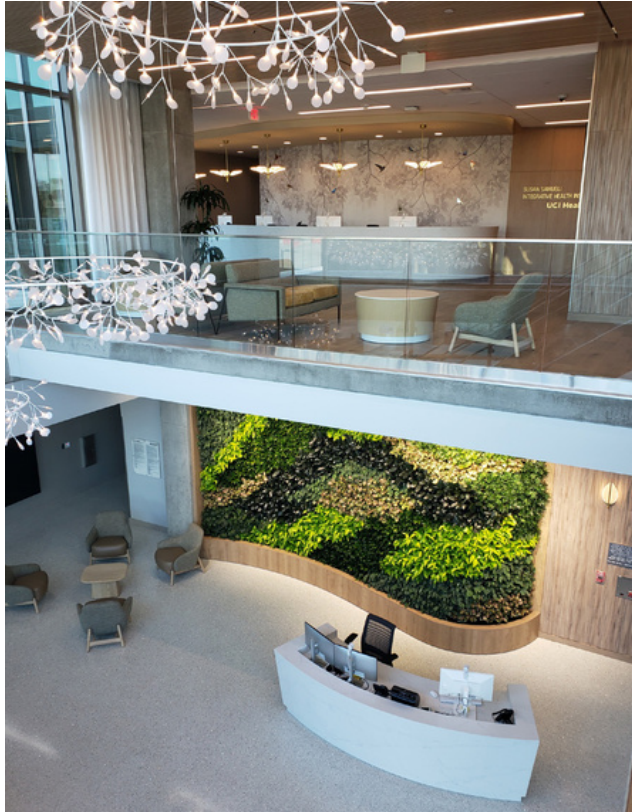


Available on Amazon,
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Pickett Design Associates is proud to have provided interior design services for **UC Irvine's Susan Samueli Integrative Health Institute** at their new College of Health Sciences. We recognize the unique opportunity to support our exceptional collaborators, HED Architects and S/L/A/M.



For more information, please contact Stephanie Ramirez: sramirez@pickettdesigns.com.

Pickett Design Associates
9020 Lindblade St., Culver City, CA 90232
310-558-5500

In Loving Memory



BRIDGET THOMPSON STAMOS, MD, passed away peacefully on October 14, 2022, surrounded by love and family. Bridget and her husband, Michael J. Stamos, MD, dean of the UCI School of Medicine, lived in the beautiful city of Rolling Hills Estates where they built their dream home in which Bridget could cultivate her exquisite home decorating skills.

They welcomed their son, Ilias, into the world in 2001. Bridget doted on Ilias. She always gave careful attention to detail and never missed an opportunity to honor a birthday or celebrate a special occasion for those she loved. Bridget was an avid practitioner and instructor of yoga, enjoyed running (until her knees no longer allowed this), gardening, traveling, hiking, snowshoeing, fine wine and cooking gourmet cuisine with Michael and Ilias.

Bridget specialized in internal medicine and worked as the medical director at the Motion Picture & Television Fund Westside Medical Center for a few years until the Northridge earthquake made the commute impossible. She then became a UCLA assistant professor based at Harbor-UCLA before “retiring” from clinical practice. Her colleagues and medical trainees remember her as an intelligent, kind and compassionate doctor and mentor.

She had *joie de vivre* that was contagious to all lucky enough to be in her world. She will be missed terribly.

Throughout her life, Bridget was committed to personal wellness and helped others achieve a healthier mind, body and spirit – the essence of Women’s Wellness Day. A UCI School of Medicine endowment has been established in her name. Consider a donation to the **Bridget T. Stamos Endowment** which will provide funds to work on a cure and prevention of brain cancer. For more information:

rememberingbridgie.com/in-lieu-of-flowers



Tai Chi and Mindfulness Classes



Scan the QR code or visit:
ssihi.uci.edu/community-programs/classes/



NOTES



A series of horizontal blue lines for writing notes, spanning the width of the page. A large, faint watermark of an anchor is centered in the background, with several colorful flowers (pink, yellow, and red) overlaid on it.



Wellbeing Circle



When you support the Susan Samueli Integrative Health Institute through a Wellbeing Circle membership, you support Orange County's only academic institute committed to the research, education and clinical practice of integrative medicine.

Your annual contribution of \$1,200+ makes it possible for people in Orange County – and beyond – to benefit from whole-person care.

Join Us

Contact Kelly Brennan,
Director of Strategic
Initiatives: kellylb@hs.uci.edu

In gratitude of your support, Wellbeing Circle members receive:

- Invitations to exclusive events
- 15% discount on up to two Women's Wellness Day 2023 tickets
- 15% discount on registration to any SSIHI mindfulness series

Members experience special events year round focused on their personal wellbeing.



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- Scan the barcode.
- Your donation may be tax deductible. Consult your tax advisor.





21st Annual

WWD
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