

2019 UCLA Women’s Health Conference

Building Resiliency During Turbulent Times

In recognition of the need to bring Conejo residents important information and practical tools for building resiliency, this year’s UCLA Women’s Health Conference brings an expert array of UCLA speakers from a variety of vantage points. Part education and part inspiration, this year’s program is singularly focused on community and personal resiliency.

Thursday, April 25, 2019

8:00 am – Continental Breakfast

8:30 am to Noon – Program

Hyatt Westlake Village

880 S. Westlake Blvd., Westlake Village, CA 91361



Moderator

Leena Nathan, MD

Assistant Clinical Professor
Medical Director
UCLA Ob/Gyn Community Practices



UCLA Health Welcome

Johnese Spisso, MPA

President, UCLA Health
CEO, UCLA Hospital System
Associate Vice Chancellor, UCLA Health Sciences



Community Welcome

Linda Parks

Ventura County Supervisor
3-time Chair, County Board of Supervisors



Can We Be Happy In Unhappy Times?

Hal E. Hershfield, PhD

Associate Professor of Marketing
& Behavioral Decision Making
UCLA Anderson School of Management



**Recognizing Signs of Anxiety, Depression & PTSD
Knowing When & How To Get Help**

Anita Srinavasa, MD

UCLA Health Internal Medicine Physician
Clinical Instructor



**Talking To Your Kids & Grandkids
During Times of Crisis**

Nicole Militello, MD

UCLA Health Pediatrician
Assistant Clinical Professor



**Cultivating Positive Emotions
Through Mindfulness**

Diana Winston

Director of Mindfulness Education
UCLA Semel Institute’s Mindful Awareness Research Center (MARC)

Keynote Address



Life Is Short, Don’t Wait to Dance

Valorie Kondos Field

Valorie Kondos Field is head coach of the seven-time NCAA Champion, 22-time Regional and 18-time Pac-12 Champion UCLA Women’s Gymnastics team. One of only two active coaches to be inducted into the UCLA Athletic Hall of Fame in 2010, the four-time National Coach of the Year was recently named West Region Coach of the Year and Pac-12 Coach of the Century.

Affectionately known by her gymnasts as “Miss Val,” she uses gymnastics as an avenue through which to teach valuable life lessons, while encouraging individuality and joy.

Head coach, cancer survivor, mentor, leader, best-selling author and so much more, Miss Val’s message is at the heart of professional and personal resiliency.

Reservations required. Attendees must be 18 or older. Maximum two per reservation as seating is limited. Register by calling 855-GO2-UCLA or e-mail communityevents@mednet.ucla.edu. There will be no walk-ins the day of the event.

uclahealth.org/westlakevillageobgyn

If you require any assistance or accommodation to support your full participation in this event, please let us know at the time you register. Any information you share will be kept confidential to the extent possible. Live captioning provided for individuals with hearing loss.