

Hospital foundation hosting Women's Health & Fitness Expo

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The Passavant Hospital Foundation will show off UPMC Passavant's new conference center and theater on the hospital's McCandless campus by hosting the all-day Women's Health & Fitness Expo 2010 on Sept. 28.

The expo will be the first daylong event in the foundation's Extending the Care, or ETC, program series and the opening event for the Passavant Hospital Foundation Conference Center and Legacy Theatre.

The Women's Health & Fitness Expo 2010 is a free event that includes workshops, screenings, exhibits and seminars with some of the region's specialists on women's health issues.

"We've been envisioning this as an open house," said Jean Wagner, director of foundation services and board relations. "These are topics that are very important both to women and UPMC Passavant."

The ETC program series has included sessions dealing with health issues such as carpal tunnel syndrome, arthritis, diabetes and nutrition. But the expo is the most ambitious endeavor yet, Wagner said.

Aside from listening to, as Wagner describes them, the "absolutely engaging speakers," attendees can attend workshops to get hands-on training in various ways to live a healthier life.


Among the speakers will be Judy Dodd, nutrition adviser to Giant Eagle and an assistant professor at the University of Pittsburgh, who will host a late-afternoon session on healthy cooking, and Linda May Connor, director of healthy lifestyles at the Baierl Family YMCA in Franklin Park, who will discuss fitness walking.

Using her knowledge that she published in a book to help mothers live healthier, KDKA-TV, Channel 2, morning news anchorwoman Jennifer Antkowiak will host a workshop called "Taking Care of Yourself."

Attendees also are invited to take part in free screenings to check for conditions such as hypertension and diabetes. The expo offers opportunities for women to learn their body mass index and have their hearing and breathing checked.

The expo features hourly lectures in the new Passavant Hospital Foundation Legacy Theatre, next to the conference center.

Speakers all are all physicians and members of the Passavant staff who will speak on topics of interest to women, in-

If you're going 

Watch Women's Health & Fitness Expo 2010
with us 10:30 a.m. to 6 p.m. Sept. 28

Watch The Passavant Hospital Foundation Conference and Legacy Theatre, next to Cumberland Woods Village, 700 Cumberland Woods Drive, on UPMC Passavant's campus in McCandless.
Admission: free.

Registrations to reserve a spot, call 800-555-8162, Option 1, or go to www.passavanthospitalfoundation.org

ment Strategies."

"Four out of five Americans suffer from back pain in their lives. The key to prevention is understanding why this occurs and risk factors for back problems," said El-Kadi's physician assistant, Erin Donovan. "Spine disorders will be highlighted across the lifespan and how women, during different stages of life, are at risk for some spine disorders."

The expo also offers credits for professionals seeking to further their education. The program has been approved by UPMC and the Pennsylvania State Nurses Association to offer one continuing-education credit for each lecture attended, as long as attendees complete an evaluation after each presentation.

Although the conference center and theater each can hold about 250 people, Wagner is encouraging people interested in attending to sign up in advance.

The foundation contributed \$14.6 million toward the construction of the conference center and theater and received naming rights, Wagner said.

The Passavant Hospital Foundation has been involved in outreach programs since 2003, but the Women's Expo truly is the culmination of years of work both in presenting seminars and building the conference center where it will be held, Wagner said.

cluding osteoporosis, spine care, cardiology, gastrointestinal disorders, incontinence, menopause and ovarian cancer.

The complete program, with times, will be available soon at the foundation's website, www.passavanthospitalfoundation.org.

For example, Dr. Matt El-Kadi, clinical professor in the Department of Neurological Surgery at the University of Pittsburgh School of Medicine and chief of neurosurgery at UPMC Passavant, will deliver a lecture entitled "Spine Disorders and Risk Factors in Women - Treat-