Women in Active Pursuit of Health and Well-Being

Thursday, April 16, 6-7:30 pm
Bayside Medical Practices—South Hadley Adult Medicine
470 Granby Road, South Hadley

*Our Bodies, Ourselves*, a book about women's health and sexuality, was first published in 1971 and its 9th edition sold three million copies in 2011. As women, we demand the tools we need to achieve health—on our own terms—as never before.

There is still much to learn from the women's health movement of the 1970s. "The personal is political," a powerful statement that emerged from that era, holds true. Economic, cultural, and social conditions have tremendous impact on health as defined by the World Health Organization in 1946 as: "a state of complete physical, mental, and social well-being and not merely the absence of disease..."

With Ellen Miller-Mack, NP, we'll explore a constellation of issues: using principles of women’s health to construct meaningful visits with your provider, the mind/body connection, talking with your provider about sexuality and relationships, narrative medicine, achieving emotional well-being, and opportunities for social change.

Ellen recently joined South Hadley Adult Medicine as a nurse practitioner providing primary care. She worked for many years at Brightwood Health Center in Springfield. Her role included providing care to incarcerated women in Hampden County. Ellen co-wrote *The Real Cost of Prisons* Comix published by PM Press.

Refreshments served. Registration required:
1-800-377-4325. FREE!