

# Day of Caring...About Women and Cancer

## Patricia Avila, MD, MPH and Sherry Lebed Davis to Speak

Eisenhower's sixth annual Day of Caring...About Women and Cancer will take place at the Eisenhower Lucy Curci Cancer Center on Friday, February 10, 2012, from 9:15 a.m. to noon.

Presentations will take place in the Berger Auditorium. Registration and a light brunch begin at 9:15 a.m. in the Healing Gardens. At 10 a.m. Patricia Avila, MD, MPH, Medical Director of the Eisenhower Wellness Institute and a Primary Care 365 physician, will speak on The Daily Journey of Health and Healing — Learning How to Overcome Emotional Obstacles for Optimal Health and Healing.

Prior to moving to the Coachella Valley, Dr. Avila was Medical Director for Online Care and Care Management with HMSA/ Blue Cross/Blue Shield of Hawaii. She was Medical Director of the Wellness and Lifestyle Center at Castle Medical Center in Kailua, Hawaii and was also the Medical Director for the Women's Health Center at the Queen's Medical Center in Honolulu.

At 11 a.m. Sherry Lebed Davis will present Healthy-Steps™ Moving you to better health with the Lebed Method, discussing her own cancer journey and the importance of exercise for cancer patients and cancer survivors.

Davis is one of the foremost authorities, trainers and presenters on the use of movement and therapeutic exercise for healing and quality of life issues after cancer, lymphedema and chronic illness. She is the co-founder with Marc Lebed, MD and Joel Lebed, MD of Healthy-Steps Moving you to better health with the Lebed Method, a worldwide organization providing unique wellness programs for special populations. Sherry has also authored a book, Thriving after Breast Cancer, Essential Healing Exercises for Body and Mind.

**For more information, call 760-834-3798 or visit [emc.org/calendar](http://emc.org/calendar).**

**Seating is limited and reservations are required.**



