



# "Keeping the Women We Love Healthy"

## HOWELL HIGHLIGHTS - SUMMER 2013

### Friends of Howell

#### What is a Friend of Howell?

- One of the Howell Foundation's core supporters that help us carry out our Mission
- Anyone who donates \$125 or more annually to the foundation is automatically a Friend of Howell

#### What you can do to help?

- Help us bring in new Friends of Howell
- Renew your annual donation
- People are not required to come to our events to be a Friend of Howell

#### Your Friends of Howell donation supports the Howell Foundation's efforts to:

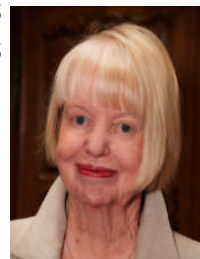
- provide undergraduate women's health research scholarships
- host quarterly lecture luncheons on the latest in women's health issues
- partner with local organizations to provide educational outreach to the San Diego community
- support the new Evening Health & Happiness Educational Series

Please help us reach our 2013 fundraising goal by renewing your annual donation as a Friend of Howell. To give, please visit our website and click on **"GIVE TODAY"** to make a secure online donation.

### Message from the Chair

I wanted to share our plans for the remainder of the year. We are excited about celebrating the 90th birthday of our beloved Dr. Doris Howell. This celebration will take place at our November lecture luncheon. In addition, our next Evening Series event is scheduled for fall 2013. We hope you will share information about these events with your friends and family when they become available. The Howell Foundation set an ambitious fundraising goal of \$120,000 for 2013. I want to thank all Friends of Howell and our scholarship donors for supporting this effort. So far this year, the Howell Foundation has awarded 4 research scholarships to undergraduates at UCSD and 1 nursing scholarship to a graduate student at USD Hahn School of Nursing. The next cycle of scholarships will be made to SDSU and CSUPERB in fall 2013. I look forward to seeing many of you at our scheduled events and as always I welcome your ideas and input.

Warm regards,  
Pattie Wellborn  
Board Chair



*Pattie Wellborn*

### SAVE THE DATE! Howell Health Lecture Series Luncheon: November 6, 2013

Please mark your calendars for our final Health Lecture Luncheon of 2013. Our speaker will be Anne Wallace, M.D., Professor of Clinical Surgery, Chief of Plastic Surgery and Director of UCSD's Breast Care Unit. Dr. Wallace will present the latest updates of breast cancer and breast reconstruction. **This event will also celebrate Dr. Doris Howell's 90th**

**birthday!** Watch for your invitation in the mail mid-September. We hope you will join us!

The mission of the Doris A. Howell Foundation for Women's Health Research is to fund undergraduate scientists in their relevant research and to educate women to be catalysts for better family health. To support our mission, please visit [www.howellfoundation.org](http://www.howellfoundation.org), call us at (858) 454-7797 or email [admin@howellfoundation.org](mailto:admin@howellfoundation.org).



*Anne Wallace, MD*



**Doris A. Howell  
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## **INTENTIONAL HAPPINESS: The Howell Evening Series Continues . . .**

Please join us for our new programs in October 2013 and March 2014.

### **October 8: An Evening of Flow & Mindfulness: Powerful Tools for Increasing Your Happiness**

**FLOW:** Have you ever been so absorbed in what you were doing that time passes without you noticing? This state of intense focus is called "Flow." Researchers report that people who frequently experience Flow are happier.

**MINDFULNESS:** Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Research findings indicate that practicing Mindfulness can improve your physical and psychological health. Learn how to create more opportunities to experience Flow and Mindfulness in your daily life.

### **March 18: An Integrative Approach to Stress Management: Reducing Stress & Increasing Happiness**

We all experience stress in our daily lives that diminishes happiness. But how we cope with stress and how stress affects our mental and physical health differs from one individual to the next. The biological response to stress differs in men and women and there are gender differences in effective methods of coping with stress. Learn how the concept of "relational wellness" influences stress management and how "Western" and "complimentary" medicine can be integrated to reduce stress for men and women. Learn simple, "hands-on" stress management techniques to incorporate into your daily life.

#### **COST:**

- Register for the two-part series: \$60 (15% discount)
- Register for either program separately (October 2013 or March 2014): \$35
- Register at the door if seating available: \$40

**For more information and to register for these programs, please visit our website at: [www.howellfoundation.org](http://www.howellfoundation.org). Or call 858-412-5250.**