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OUR MISSION

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 MAKE A DONATION:

- Donate online by visiting **www.howellfoundation.org**
- Mail back the enclosed

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7514 Girard Ave.
1 PMB 320
La Jolla, CA 92037
Phone: 858-454-7797
Fax: 858-454-7797
friends@howellfoundation.org
www.howellfoundation.org

Stay Connected!

2015: A Year of Growth

As I reflect on the Foundation's accomplishments in 2015, our 20th Anniversary year, I am impressed with so many who have given of their time, their talent and their treasure to make this year a success.

Our Advisory Council met in the Fall and compiled a list of hot topics and exciting speakers for our luncheon series. Many of the members of the Council have served for years and we are grateful to all the participants. It was there we presented Dr. Irene Su, our newest CEI recipient, with the award for her project, "Developing a reproductive health intervention for adolescent and young adult cancer survivors."

We have strengthened our alliances with other amazing organizations including Soroptimist International of La Jolla, who made the Howell Foundation possible 20 years ago, The National CHEERS Foundation and Las Damas de Fairbanks Ranch. All have contributed to making this year a success for our Foundation.

And, of course, it is always a delight to hear from our past scholars. Most recently, we heard from Jeffrey Maloy, a 2010 scholar, who has leveraged his Howell Foundation research scholarship to pursue a Ph.D. at UCLA studying the bacterium, *Burkholderia pseudomallei,* which causes melioidosis, a severe and often fatal disease commonly found in Southeast Asia and Australia. (I love it when our scholars use big words).

Finally, this year we welcomed three new Board members: Abigail D'Agostino, Bonnie Mendenhall and Carol Tuggy, who bring enthusiasm and talent to our Board.

I thank our advisors, our volunteers, our "friends" and other donors, and our dedicated Board of Directors for making our 20th Anniversary year a success.

Carole L. Banka, Ph. D.
Chair, Board of Directors, Howell Foundation.

Howell Foundation's 20th Anniversary Celebration

Twenty Years of Accomplishments, Twenty Years of Appreciation.

Our 20th anniversary celebration truly represented what the Howell Foundation stands for: a sense of community, the importance of women's health research, empowering women with informational events, and introducing young minds to science with our scholarship program.

Today, after 20 years, the inspiration brought about by Dr. Howell has allowed the Foundation to award over 200 scholarships to aspiring researchers and doctors, to hold over 80 educational events and to fund 3 grants addressing the health of underserved women in our community.

The celebration was marked with testimonials from our scholars, all of whom are on their way to success. Our first CEI program is starting to create an impact on Latino women in our community. The support of sister organization Soroptimist International of La Jolla was felt with donations towards our 2016 programs. Dr. Stanley Maloy from one of our dear partners, SDSU, delivered an eye-opening presentation on the need of the "one world, one health" health initiative.

Two items helped mark this incredible journey: The support of our community with our 20 for 20 campaign, which brought about enough to fund 2 full scholarships; and the inspirational message from Dr. Howell, who urged all of us to keep moving up and forward in women's health.

Our work would not have been possible without the help of our partners. Thank you for many years of accomplishments! Thank you as well to all our donors and Friends of Howell. Meeting our goals has been possible because of your generous and continuous donations.

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Howell Foundation's 20th Anniversary Celebration

"It's not who you are or where you've been. It's where you are going that counts".

Dr. Howell couldn't have said it better. Addressing the audience at the Foundation's 20th anniversary event, she told us the story about the challenges she faced when studying at McGill University; known for its extensive focus on research. She says humbly that the technicalities of research were not her stronger suit; but never missed a lecture. And that is how she learned.

"Take the research that is being done, translate it, and put it into practical use. Please take it seriously because we have no way to go but up, no way to go but success, no way to go but needed. "It is filling that need that I hope our Foundation will constantly try to do as its mission; and so far I believe we've succeeded."

Working to provide resources to young breast cancer survivors.

Deepika Suresh, 2015 UCSD Howell Scholar, presented her work at the Howell Foundation's 20th anniversary luncheon. She, along with H. Irene Su MD MSCE and Sally Dominick PhD MPH, are working on developing an education intervention on genetic risk assessment in young breast cancer survivors (YBCS). "My objective is to develop content about genetic risk assessment in YBCS for a web-based survivorship care plan that my lab is in the process of creating", Suresh comments.

"The three main steps in developing this content include going through the professional society guidelines to see what they recommend about these YBCS undergoing genetic risk assessment, completing a systematic review, and conducting interviews with genetic counselors. Ultimately, I wanted to find out what the main barriers are that prevent young breast cancer survivors from undergoing genetic risk assessment and how to overcome them."

Our "20 for 20" campaign was launched early in our 20th anniversary year asking donors for any donation that began with a "2". We were delighted to receive donations of $222 and $2,222! Other donations ranged from $20 to $2,000. The end result, as of this writing, we are just dollars short of our goal of $10,000. It is not too late to help us reach our goal by visiting the Howell Foundation website and contributing. This funding represents a wonderful nest egg for 2016 and our next 20 years. Thank you to all for our generosity!

THANK YOU!

Howell Foundation's 20th Anniversary Celebration

How much exercise do Latina women get during pregnancy? Study finds cultural aspects play a significant role.

Dr. Sandra Soto presented the results of the Howell Foundation's first Community Engagement Initiative "For our Health". The aim of the study was to pilot test the impact of a physical activity intervention on the physical activity practices of pregnant Latinas. Considering the important influence of family and friends in Latino culture, a social support approach was utilized to develop an intervention that targeted individual, social, and cultural influences on physical activity.

Physical activity is recommended during pregnancy because of its health-promoting effects on pregnancy and delivery. However, physical activity levels tend to decline during pregnancy. Our study evaluated the feasibility and preliminary impact of a 9-week physical activity intervention among low-income, predominantly Latina women.

Although recruiting pregnant women from WIC was difficult, conducting a physical activity intervention in WIC offices among a low-income, predominantly Latina sample was feasible and has the potential to maintain, if not increase physical activity during pregnancy. Our study was disseminated as a poster presentation at the *Hispanic-Serving Health Professions Schools' Professional Development Workshop* in June 2015, will be disseminated as a manuscript in a peer-reviewed scientific journal, and will be used to develop a larger grant proposal to the National Institutes of Health.

The "One World, One Health" initiative: stopping disease at its tracks.

The history of infectious diseases shows that, from the early 1900 up to 1980, death incidences had significantly decreased in the US –except for the 1920's epidemic of the Spanish Flu. Even though lower death incidences by infectious diseases were attributed to historical changes in the 20th century -- the development of vaccines and the discovery of antibiotics, to name a few-- the decline is really a consequence of access to clean water.

It has, however, not been the case for the past 25+ years. Every year, there have been new and emerging, antibiotic-resistant diseases --every year! Furthermore, mortality rates due to the chronic illnesses derived from infectious disease are raising mortal incidences statistics worldwide. In other words, illness today has NO geographic boundaries. Health shouldn't either.

Typically, illness is managed through a systematic approach by the corresponding entities in charge of managing disease. Human illness is managed by doctors; animal illness by veterinarians, and environmental health by environmental biologists. There is, however, little to NO correlation between the three different groups of organizations managing our health. The narrative is very clear: collaboration between multiple disciplines can achieve optimal human, animal and environmental health. If we can't cure it, we can at least get better at stopping infectious disease in its tracks.

Howell Foundation's 20th Anniversary Celebration

Dedicated women coming together to work towards women's health.

Soroptimist International of La Jolla (SILJ) is an organization that is known for acting upon community needs. The concern of the group about women's health led them to take action, especially upon the common practice of not including female subjects in the clinical trials taking place at the time and the outcome for women when facing illness. Their mission became VERY clear: get women's health on the radar.

The premise under which the Foundation was created in 1995 still remains: to get students excited about a career in research. By awarding grants to students who were involved with scientific mentors, there was a guarantee that women's health issues would be addressed at the most basic level: research. Soroptimist International of La Jolla (SILJ) has been supporting the scholarship program EVERY year for the past 20 years. "We are very proud of the men and women who have participated; very proud of our group's involvement in helping the Doris Howell Foundation into making it a growing organization", comments Carol Tuggey, past president of SILJ.

"I am really concerned about women's health and the responsibility of it" Patty Welborn recalls Dr. Howell telling her when they met over a glass of beer. A strong vision, intellect, education and thinking outside the box was —and still is what holds the Doris A. Howell Foundation together. As of today, the organization has granted 206 scholarships worth a total of half a million dollars and has embraced women's health research programs: it has launched its Community Engagement Initiative just recently funding its 3rd grant award, and has held 4 Health and Happiness event series; a program that was also launched in 2012.

FAST FACTS

Howell Scholars Program

- Founded in 1995
- Awarded 195 research scholarships for a total of $505,225
- Applications solicited at UCSD, SDSU, USD Hahn School of Nursing, and all CSUs through joint effort with CSUPERB
- All research projects must have a women's health aspect
- All projects are overseen by a Faculty Mentor

A very special thank you to our **2015 Scholarship Donors** for funding full research scholarships of $3,500 or more:

- Cher Conner
- Sandra Fleet Honnen/The Reuben H. Fleet Foundation of The San Diego Foundation
- The Mirandon Foundation for Hope, Inc.
- Beatrice K. Rose, MD, MPH
- Ruth Lane Charitable Foundation
- Soroptimist International of La Jolla
- The Thursday Club
- Judith White

Howell Scholars Making Us Proud!

If, indeed, the health of the women in your lives or their families is important to you, the solutions rest in the hands of academically gifted young researchers such as the ones the Howell Foundation supports at the undergraduate and post-graduate level through our scholarship and community engagement initiatives. On our 20th anniversary year, we would like to recognize the scholars that are creating an impact in women's health:

"Thank you to Dr. Howell and the members of the Howell Foundation! I was awarded a Howell Scholarship in 2014. The funding helped me to support my dissertation study on HPV knowledge and HPV vaccine uptake among U.S. Navy personnel. I have collected my data from over 350 participants in the U.S. Navy, and currently analyzing the results. The findings will help support preventive medicine and sexual health programs in the armed services. In addition, it will help the fight against cervical cancer (the #1 related cancer to HPV), both nationally and globally".

"The Howell research scholarship fueled my interest in science and cancer biology. It led me to great mentors who guided me into the medical field during my time at UCSD. I have since finished medical school in New York and am now a surgical resident training at Mt Sinai Beth Israel in NY. I am very appreciative of the Howell Foundation for giving me the opportunity to get started in biomedical research which helped me to get where I am today!"

If your health and that of your family is important to you, we urge you to consider helping the Howell Foundation grow in order to provide critical funding of vital programs that advance research in women's health. Your support will indeed help these young researchers find cures for diseases dramatically impacting the lives of women and help us advance the education of women as they consider their own health issues.

It is the generosity of all our donors that enables us to make awards to these and other outstanding young scientists. A special thank you to each of them.

2015 Howell Scholars

The Howell Foundation has awarded 195 research scholarships for a total of $505,225. We are proud of our relationships with local universities UCSD, SDSU and USD's Hahn School of Nursing. In addition, the Howell-CSUPERB partnership allows the Howell Foundation to support amazing young researchers throughout the state. Below is a listing the 18 Howell Scholars for 2015.

CSUPERB (California State University Program for Education and Research in Biotechnology)
CSUPERB awards a new research grant to a CSU undergraduate for each full scholarship the Howell Foundation awards.

Pictured with Dr. Howell, Anna Leighton and Andres Bermudez.

- **Joy Aparicio Valenzuela-**California State University, Fresno. Mentor: David Lent
- **Andres Bermudez-**San Diego State University. Mentor: Kelly Doran
- **Annalisa Duenas**-Biological Sciences, San José State University- Mentor: Rachael French
- **Lukas Fuentes** - California State University, Long Beach. Mentor: Paul Weers
- **Joshua Gladfelder** - California State University, Chico. Mentor: Carolynn Arpin
- **Lindsay Hetrick** - California State Polytechnic University, Pomona. Mentor: Junjun Liu
- **Anna Leighton** - San Diego State University. Mentor: Sanford Bernstein
- **Geil Merana** - California State University, Fresno. Mentor: Laurent Dejean, Chemistry
- **Jessica Phan** - California State University, Long Beach. Mentor: Kevin Sinchak
- **Aaron Ridder -** California State University, Long Beach. Mentor: Houng-Wei Tsai
- **Jaime Tran** - California State University, Long Beach. Mentor: Vasanthy Narayanaswami
- **Kaycee Villarreal** - California State University, Long Beach. Mentor: Roger Acey

Pictured above with Dr. Howell: UCSD-Howell Scholars Liza Brusman, Jessie Chen and Deepika Suresh

University of California, San Diego
Founded in 1995, the Howell Foundation's mission and vision are firmly rooted in our affiliation with UCSD's School of Medicine. through the renowned pediatric hematologist/oncologist Doris A. Howell, M.D., in whose honor the organization was founded.

- **Liza Brusman** - Mentor: Pamela Mellon
- **Jessie Chen** -Mentor: Irene Su
- **Deepika Suresh** - Mentor: Kina Thackray

Doctoral candidates CDR Ryan Nations and Jodi O'brien.

University of San Diego, Hahn School of Nursing & Health Science
In 2010, the Howell Foundation established the Cheryl A. Wilson Nursing Scholarship, in honor of long-time Howell Board member Cheryl A. Wilson, R.N., M.A. to fund USD Ph.D. candidate nursing students whose research emphasis is on women's health.

- **CDR Ryan Nations -** Mentor: Cynthia Connelly
- **Jodi O'Brien -** Mentor: Mary Barger

Howell Foundation Evening Series on Health & Happiness

"The speaker was excellent. She was funny, informative and engaging."

"Carole's delivery was excellent. Her friendly, jovial way of presenting technical information was delightful. Everyone around me seemed to enjoy it as much as I did."

"I thought the speaker engaged the audience and delivered well. I did learn something new."

"Great speaker & fascinating topic."

"Wonderful venue. Great speaker. Delicious food. Nicely done!"

In 2012, the Howell Foundation started a new Evening Series to provide researched based education for women on the theme of healthy living. Our topics focus on how to care for our mental and physical health in ways that contribute to overall well-being. The series is designed to draw women from all over the city especially working women who cannot easily attend the Howell Luncheons.

This year, the topic Hormones and Happiness encompassed the roles our hormones play in our health. Understanding the differences between men and women has everything to do with the hormones we produce in our bodies, and nothing to do with stereotype differences. In other words, there IS a reason why we act like we do. The presentation covered the differences between men and women under stress and the hormones related to the 'fight or flight' vs. 'tend and befriend', along with the role hormones play when falling in love and the feeling of power

For more information on the *Howell Foundation Evening Series*, visit www.howellfoundation.org

The Howell Foundation held its first luncheon of the year with thepresentation "Telemedicine: Bridging the Gap Between Science and Technology", hosting Dr. Todd Coleman as the key note speaker. His presentation focused on merging the most recent wireless technologies to medical care. to best serve the human being through an interactive, non-intrusive process: how can the machine talk back to the human and engage?

By understanding how the brain works and utilizing the concepts of analytics, Dr. Coleman, his laboratory team and his many collaborators have developed computer-interfaced systems that enable a direct communication pathway from the brain to an external device – the human and the computer collaborating together to provide physicians the adequate information tools for effective and timely patient care.

Photo Courtesy of Ashley Mackin/La Jolla Light.

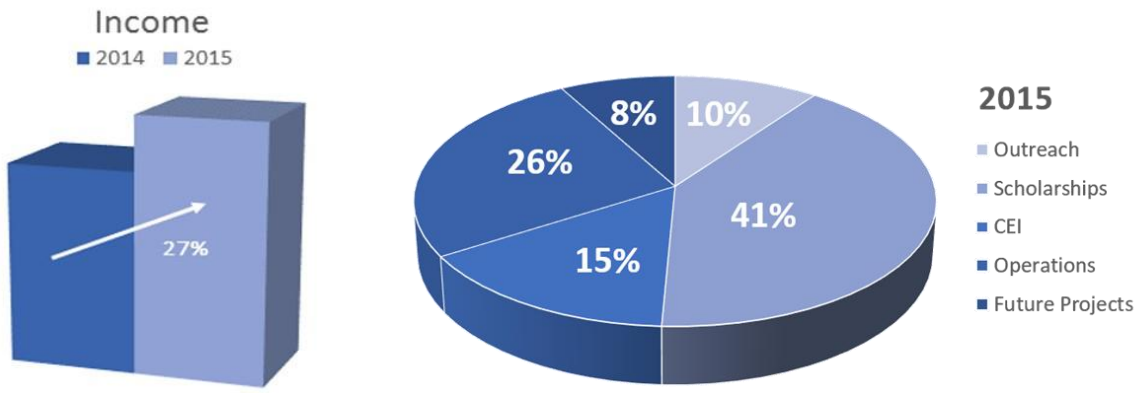
In case you missed it, Ashley Mackin from the La Jolla Light did a wonderful job of summarizing the key -note presentation by **Dr. Heather Hofflich** on osteoporosis last May. The presentation covered the latest research on osteoporosis, including the risks and causes, to strategies for prevention, and treatment with the latest in new medication.

Osteoporosis," Hofflich explained, "is caused by low bone mineral density and poor bone quality. As such, bones become porous and weak, and can fracture or break easily, especially from falls." Hofflich recommends that all women have their bone density screened starting at age 65, and men at age 70. However, anyone who has experienced a fracture after age 50 should also have their bone density screened".

A revolution in medicine has occurred over the past seven years involving the bacteria in and on your body, your "microbiome." Someday soon you will be having fecal bacteria tests in the same way that you now have blood tests! At the Howell Foundation luncheon on August 5th, **Dr. Sarah Highlander** from the J. Craig Venter Institute, shared the latest research regarding bacteria and health.

Different bacteria reside in different areas of the body and each individual has a signature profile of bacteria. These bacteria perform specific and important functions in each area of the body. Read more about Dr. Highlander's presentation on our blog "***Keeping the women we love healthy".***

Encouraging Results! Income and Expenditures



Community Engagement Initiative

H. Irene Su, MD, MSCE, an associate professor in the Department of Reproductive Medicine and Moores Cancer Center at UC San Diego Health, has been awarded a Community Engagement Initiative (CEI) grant from the Doris A Howell Foundation for Women's Health Research to support her efforts to improve reproductive health needs of young female cancer survivors.

The CEI award from the Howell Foundation provides up to $15,000 in funding for pilot research projects which support health promotion and disease prevention among under-served and/or at-risk populations of women within the greater San Diego region. The grant is unique in partnering academic researchers with community organizations. For more information about the Howell Foundation, go to: www.howellfoundation.org.

Su is the first researcher from UC San Diego to receive the award, which is now in its third year. She hopes to develop and pilot test a web-based survivorship care plan to improve reproductive health issues such as fertility and pregnancy for adolescent and young adult women who have had cancer. Su said a considerable body of knowledge now exists on screening and managing reproductive issues, which could provide significant benefit to cancer patients and their caregivers if properly disseminated. Su will partner with the community organization, Stupid Cancer, and work with patient advocates and other UC San Diego cancer research and clinical faculty to conduct this study.

A pilot project started back in 2012, the Community Engagement Initiative was voted by the Howell Board of Directors as one of the Foundation's core programs. In funding these research projects, the Foundation hopes to educate women on current women's health issues that impact their lives and encourage women to become advocates for their own health.

Howell Advisory Council

The Advisory Council offers speaker suggestions for our luncheon series and ideas for promoting the visibility of the Foundation. Thank you for your time and valuable ideas!

Ralph Feuer, Ph.D., Sherrie Gould, MSN, NP-C , Stanley Malloy, Ph.D., Mana Parast, M.D. Ph.D., James Paterniti, Ph.D., Michael J. Sailor, Ph.D., Irene Su, M.D. MSCE, Bill Littlejohn, Varykina Thackray, Ph.D., Jennifer Martin Kay Pierce, Kathleen Franklin, Priscilla Moxley, Carole Banka, Ph.D., Brad Benter,Camille Nebeker, Ed.D., M.S., and Steve Dahms, Ph.D.,

Interested in a specific topic?
Make sure you contact us: friends@howellfoundation.org

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The Friends of Howell are the lifeblood of our organization as they help us achieve our mission. We appreciate their support in promoting women's health research and education. **Friends of Howell are donors who give $125 or more annually.** ***Below are Friends of Howell donations received Jan. 1, 2015 thru Dec. 1, 2015.***

Thank You!

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Health is a gift. Don't take it for granted!

How can you help keep the women you love healthy TODAY?

Become a Friend of Howell. Your modest donation or full scholarship award can help us achieve BIG things; among them, helping young scholars achieve their education goals and dreams!

Attend our events. Spreading the word with family and friends or participating with sponsorships allows us to catch up while enjoying wonderful food and perhaps a great glass of wine.

Donate on behalf of your organization. Women –and men-- in your company or foundation will have the opportunity to learn more about the women in their lives. If you'd prefer, we can visit your location and talk about the latest in women's health research through our **speakers services.**

Consider us in your planned giving efforts. Celebrate the life of the women who mean the most to ensure the legacy of the women and men in your life.

Keep the Conversation Going! Share, Like & Follow: