

# Media Advisory



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## *Howell's Health and Happiness program celebrates its 5<sup>th</sup> year with first Happiness Symposium*

**What:** The Doris A. Howell Foundation will be celebrating its first Health and Happiness Symposium to mark its 5<sup>th</sup> year anniversary with the key note presentation "Do you have a clutter problem or are you a hoarder?" Presentations will also include how to deal with the stress and coping mechanisms on this hidden disorder that no one is really talking about.

**When:** **Saturday, January 21<sup>st</sup>, 2017**  
8:30 – 9:00 Registration  
9:00 – 11:30 Program

- Light breakfast will be provided

**Where:** **The McMillin Center @ Liberty Station**  
[2875 Dewey Rd, San Diego, CA 92106](https://www.google.com/maps/place/2875+Dewey+Rd,+San+Diego,+CA+92106)

**Who:** **Speakers:**

- Dr. Sanjaya Saxena: Do you have a clutter problem or are you a hoarder?
- Laura Sepulveda: Using Pilates to Reduce Stress
- Break and massage therapy to reduce stress
- Dr. Jill Bormann: Using mantram meditation to reduce stress
- Dr. Carole Banka – Health and happiness consequences of stress and its management

**Why:** Our Health and Happiness Symposium is meant to provide you with the understanding behind why we feel we need to save everything and anything that crosses our paths, how to manage the stress that comes with it, how to let go, and how to manage our stress in other difficult times throughout our lives. It will provide new strategies and tools to uncover your health in one area that is rarely talked about -- clutter and hoarding; including effective coping skills like meditation and exercise. It's about taking control of our habits before they take control of us!

**Background:** The Doris A. Howell Foundation for Women's Health Research is committed to keeping the women we love healthy, advancing women's health through research and educating women to be catalysts for improving family health in the community. The organization does so by funding scholarships to students researching issues affecting women's health; providing a forum for medical experts, scientists, doctors, and researchers to convey timely information on topics relevant to women's health and the health of their families through its Lecture and Evening Series, and by funding research initiatives that improve the health of under-served women and increase awareness and advocacy in the community. The purpose of the Howell's Health and Happiness Series is to focus on outreach to a larger demographic in the San Diego area who typically cannot attend our informational day luncheons; presenting a holistic, research based approach to health concerns that affect women in our community.

For more information visit [www.howellfoundation.org](http://www.howellfoundation.org)

