

Let's Talk:

Conversations about Women's Health



Mind, Body, and Spirit – Taking Care of Yourself and Others During the Holidays and Beyond

The holidays are usually portrayed as a time of merriment and celebration with family and friends, but they can also trigger unhealthy eating and drinking habits, anxiety, and depression. Please join us for a special *Let's Talk* event that focuses on how to practice self-care and how to cope with holiday stress so that you can be present in the moment and better able to give of yourself to others.

Who: Women and men
Date: Monday, November 12, 2018
Where: UHealth – University of Colorado Hospital
Bruce Schroff Conference Auditorium
Anschutz In-Patient Pavilion 2
12505 East 16th Avenue
Aurora, Colorado 80045
Cost: \$10 per person (includes light dinner)
Parking: Free valet parking will be available – instructions to follow
RSVP: Please register by November 7, 2018 at www.cwhr.org.
For more information, please contact Nan Oudet at 303-724-9179.

AGENDA

- 5:15 - 6 p.m. Registration and light dinner
- 6 - 6:30 p.m. **Laura Martin, MD**
Keeping Holiday Spirits in Check
- 6:30 - 7 p.m. **Scott Cypers, PhD**
Stress Management and Self-Care during the Holidays
- 7 - 7:30 p.m. **Lisa Wingrove, RD**
Healthy Eating Tips for the Holidays
- 7:30 - 8 p.m. Question and answer panel
- 8 p.m. Adjourn

Americans with Disabilities Act: Event staff will be glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

Let's Talk: Conversations about Women's Health is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. *Let's Talk* content is uniquely created and presented by a panel of nationally renowned subject matter experts, physicians, and researchers.



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Speakers



Laura F. Martin, MD

Keeping Holiday Spirits in Check

Every holiday is a wonderful opportunity to gather with loved ones from near and far to celebrate life and tradition. Substances are often used during these times, both as a part of celebration and tradition, and to cope with feelings of stress and loss that also arise during these times. This talk will review ways to support wellness and the healthy use of substances over the holidays.

Dr. Laura F. Martin is an Associate Professor of Psychiatry at the University of Colorado School of Medicine. She graduated from Duke University with a BS in Psychology and Wake Forest University with her MD. She went on to complete her residency in Psychiatry at the University of Colorado School of Medicine, and has since become board certified in general psychiatry and addiction medicine.

Her professional roles include serving as the Medical Director of the Center for Dependence, Addiction and Rehabilitation (CeDAR), Program Director of the Addiction Medicine Fellowship at the University of Colorado School of Medicine, and as President of the Colorado Society of Addiction Medicine.



Scott Cypers, PhD

Stress Management and Self-Care During the Holidays

This talk will help you understand more about stress and how to deal with it, while also focusing on key tools of self-care to help you manage the holiday time.

Scott Cypers, PhD, is an Assistant Professor at the University of Colorado School of Medicine and the Clinical Director of the Stress and Anxiety Program at the Helen and Arthur Johnson Depression Center. He is a psychologist who specializes in the assessment and treatment of anxiety and mood disorders across all ages and he promotes help seeking behaviors. Dr. Cypers works hard to create individual tailored approaches that combine the most powerful evidence based models to help children, adolescents, adults and couples overcome the challenges in their lives. His approach to treatment includes a blend of Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), Behavioral Activation (BA), Acceptance and Commitment Therapy (ACT), and other evidence-based treatments.

Dr. Cypers received his BA in Psychology/Philosophy from Emory University, completed his predoctoral clinical internship at UCLA, and earned his doctorate in Counseling Psychology from the University of Southern California. Dr. Cypers has worked for the past 13 years in various clinical roles including Director of Anxiety and Stress Programs at Children's Hospital Colorado. He has also worked as a psychologist for active duty military at Buckley Mental Health, as well as working for many universities in student health services in various roles.



Lisa Wingrove, RD

Healthy Eating Tips for the Holidays

The holidays are a time of endless food options at work, home and in the community. This talk will provide you with some tools to make festive eating healthier, while still reveling in the joys of the season.

Lisa Wingrove is a registered dietitian and a board certified specialist in oncology nutrition. After working in direct patient care in oncology for many years, she changed her role to focus on developing and providing nutrition programs for a broader audience.

These evidenced-based nutrition programs are provided at the Anschutz Health and Wellness Center, and have a focus on education to enhance the understanding of the role of food in our lives. Lisa is a member of the Academy of Nutrition and Dietetics, and is a past state representative of the Colorado Dietetic Practice Group. In her spare time, Lisa can be found cooking for those she loves or working in her garden.