Dear Friends.

Johns Hopkins Medicine, including Sibley Memorial and Suburban hospitals and Johns Hopkins Community Physicians, invites you to learn about advances in medicine directly from the physicians who are conducting research and putting discoveries into practice. Join us for A Woman's Journey between 9 and 11:45 a.m., Friday, May 17, 2024, in-person at the Bethesda North Marriott Hotel and Conference Center. Enjoy a heart-healthy breakfast before the formal presentations begin at 9:45 a.m.

Each year our physicians and scientists make transformative discoveries and innovations that enhance our understanding of diseases, promote early detection, and implement new treatments. We know you will want to gain new insights from this year's speakers that will highlight three compelling subjects.

Be empowered. Seize this opportunity. Take a morning for yourself. Join us on our quest to make the most well-informed medical decisions for ourselves and those we love. This enlightening program will enrich your life and, for some, may be lifesaving.

Bn 066an Beth Glassman



Laurie Singer

Gail Glick

Co-Chairs

A Woman's Journey is grateful for the generous support of its corporate and media sponsors:





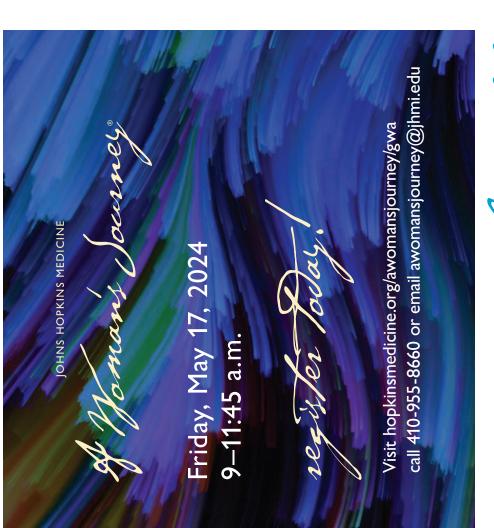












dedicated to your health Seize this opportunity to learn from Johns Hopkins researchers and physicians. Improve your health

and the wellness of your family.

# You're invited

JOHNS HOPKINS MEDICINE

of Woman's Journey

Explore up-to-the minute health information from Johns Hopkins physicians.

Friday, May 17, 2024 9–11:45 a.m.

Register now



Visit hopkinsmedicine.org/awomansjourney/gwa or call 410-955-8660

The registration fee is \$60.

Registration is transferable, but not refundable.

For information about sponsorships, premium reserved tables (eight guests @\$800), and scholarships, please email Rebecca at awomansjourney@jhmi.edu or call 410-955-8660.

# Program

### WELCOME

Kelly Geer Ripken

National Chair, A Woman's Journey

# **Carolyn Carpenter**

President National Capital Region Johns Hopkins Health System

### **INHALE**

Lung cancer is increasing at alarming rates among younger adults and never-smokers. Learn about the dramatic advances that are leading to enhanced survivorship.

# Benjamin Levy, M.D.

Associate Professor of Oncology Clinical Director of Medical Oncology for the Johns Hopkins Sidney Kimmel Cancer Center at Sibley

# THE SURPRISING RISKS AND BENEFITS OF CAFFEINE

Caffeine comes in many forms. Recent research findings reveal facts about the properties of this chemical and when you should have had enough as well as its risks and benefits.

### Dustin Lee, Ph.D.

Assistant Professor of Psychiatry and Behavioral Sciences

#### A PRIMER ON MENTAL HEALTH

Depression and mood disorders have soared since the pandemic. Learn about the hallmarks of mental illness and how to aid those who are suffering.

### Karen Swartz, M.D.

Professor of Psychiatry and Behavioral Sciences Myra S. Meyer Professor of Mood Disorders

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as of January 10, 2024

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