

# *Girls' Night Out*

*Women's Health from Top to Bottom*

**September 26, 2018**

Seasons 52 - Tysons Corner  
McLean, VA



*Join us for girl talk and dinner!*

An educational night out for women to ask questions and learn about women's health issues. Attendance is FREE and advance registration is required. To register, please visit: **[CE.MedStarHealth.org/GNO](https://www.ce.medstarhealth.org/gno)**



MedStar Health

# Girls' Night Out

## Women's Health from Top to Bottom

September 26, 2018 | Seasons 52 – Tysons Corner | McLean, VA



6:00 p.m. **Registration and Networking**

6:30 p.m. **Welcome Remarks**

Cheryl Iglesias, MD; Shawna Willey, MD

6:45 p.m. **Taking Care of the Girls**

Shawna Willey, MD

7:00 p.m. **What's That Lump?: What to Do  
When Your Thyroid Wants to  
be Noticed**

Bruce Davidson, MD

7:15 p.m. **Beyond Kegels: Helpful Tips After  
Baby, During Midlife, and Beyond**

Lee Ann Richter, MD

7:30 p.m. **Treatment for Varicose and  
Spider Veins: How to Get  
Your Old Legs Back**

Maria Litzendorf, MD

7:45 p.m. **Maintaining and Enhancing  
Your Natural Beauty and Vitality:  
An Informed Approach to  
Plastic Surgery**

Stephen Baker, MD

8:00 p.m. **Questions and Discussion**

8:15 p.m. **Adjourn**

MedStar Health  
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Washington, DC 20008

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