

**Women's Retreat**

*Friday-Sunday, November 5-7, 2021*

*Union League at Liberty Hill*

*800 Ridge Pike*

*Lafayette Hill, PA*

**Saturday**

- |                     |  |
|---------------------|--|
| 8:00 am – 12:00 pm  | <b>Exhibit Area is Open - Washington A</b>   |
| 8:00 am – 9:00 am   | <b>Continental Breakfast - Conference Break Area</b>   |
| 9:00 am - 9:30 am   | <b>Foundation Welcome and Update - Washington B &amp; C</b><br>EPBDF Staff   |
| 9:30 am – 10:30 am  | <b>Bleeding Disorders Overview - Washington B &amp; C</b><br>Peter Cygan, MD – Penn State Hershey Medical Center HTC   |
| 10:30 am - 10:45 am | <b>Break / Exhibit Area is Open - Washington A</b>   |
| 10:45 am - 11:45 am | <b>Gynecological Issues for Women with Bleeding Disorders - Wash. B &amp; C</b><br>Tonya Wright, MD – Penn State Hershey Medical Center, Women's Health Division   |
| 11:45 am - 12:00 pm | <b>Final Opportunity to Visit Exhibit Area! - Washington A</b>   |
| 12:00 pm – 1:00 pm  | <b>Lunch - Dining Room</b>   |
| 1:30 pm – 2:30 pm   | <b>FOR ADULTS</b><br><b>Pregnancy, Postmenopausal Issues, and How Physical Therapy Can Help – Washington B &amp; C</b><br>Elsa Amaral PT, DPT and Sarah Dunn, PT, DPT - Hospital of the University of Pennsylvania HTC |
| 1:30 pm – 2:30 pm   | <b>FOR PRE-TEENS, TEENS, YOUNG ADULTS</b><br><b>TBD – Washington A</b><br>Melina Martin, L.C.S.W. - Children's Hospital of Philadelphia  |
| 2:30 pm -3:30 pm    | <b>Teen Panel Discussion – Washington B &amp; C</b><br>Christina Adenuga, MSW – Children's Hospital of Philadelphia  |
| 5:30 pm             | <b>Dinner - Dining Room</b>  |

# EASTERN PENNSYLVANIA BLEEDING DISORDERS FOUNDATION

**41 COUNTIES.  
1 MISSION.**

Liberty Place at Kennett Square, 148 W. State Street, Suite 305, Kennett Square, PA 19348 ■ 484-445-4282 ■ [www.hemophiliasupport.org](http://www.hemophiliasupport.org)

## Sunday

- 8:00 am – 10:00 am      **Continental Breakfast - Conference Break Area**
- 9:00 am – 10:00 am      **Nurturing Your Mental Wellness- Washington B & C**  
Sue Cutter, SW - Hospital of the University of Pennsylvania HTC
- 10:00 am – 11:00 am      **FOR ADULTS**  
**Open Q&A with a Medical Team - Washington B & C**  
Holleh Husseinazadeh, MD and Sharon Littig, RN - Thomas Jefferson University Hospital HTC
- 10:00 am – 11:00 am      **FOR PRE-TEENS, TEENS, YOUNG ADULTS**  
**Teen Wrap Session – Washington B & C**  
Michelle Dolt, MSN, RN, CRNP – St. Christopher’s Hospital for Children
- Closing Comments/ Check-out**

## Special thanks to our Corporate Partners!

