

CALENDAR OF EVENTS

JANUARY 31

WISH Member Mixer

Tour of Banner Health Center *plus* Arcadia followed by a presentation and reception next door at JLL

Guest Speaker: Dr. Janna Assar **Location:** 4200 E. Camelback Road,

Phoenix

MARCH 13

Breaking News: It Might Not be the Ice Cream! How Women's Endocrine Systems Affect Weight Gain

Guest Speaker: Dr. Christian Nasr, Division Chief of Endocrinology, Banner -University Medical Center Phoenix Location: Paul Martin's American Grill, 6186 N. Scottsdale Road, Scottsdale

Time: 11:30 a.m. - 1:30 p.m.

MARCH 20

New Member Orientation

Virtual presentation to welcome new members

Location: Zoom

Time: 11:30 a.m. - Noon

MARCH 27

Evening of Gratitude - Phoenix

Cocktail reception and live entertainment

Location: Mountain Shadows

5445 E. Lincoln Drive, Paradise Valley

Time: 5:30 - 7:00 p.m.

APRIL 19

Food is Everything: Integrative Nutritional Health

*Members only event

Guest Speaker: Dr. Kothandapany Shalini, Internal Medicine - Banner Health Center

Location: Zoom

Time: 11:00 a.m. - Noon

MAY 9

Elevate Your Heart IQ: Breakthroughs in Cardio Care

Guest Speaker: Dr. Roderick Tung, Director, Cardiovascular Center at Banner - University Medical Center Phoenix Location: Paul Martin's American Grill, 6186 N. Scottsdale Road, Scottsdale

Time: 11:30 a.m. - 1:30 p.m.

OCTOBER 22

Taking Care of Business: Amy Perry Leads Banner Health into New Era

Guest Speaker: Amy Perry, President and

CEO, Banner Health **Location:** Zoom

Time: 11:30 a.m. - Noon

NOVEMBER 17

Breathe Balance Brunch WISH Women's Wellness Retreat

Brunch, health presentations and wellness activities.

Keynote Speaker: Dr. Debra Wickman.

Obstetrics and Gynecology

Location: Banner Sports Medicine & High Performance Center, 7400 N.

Dobson Road, Scottsdale Time: 10:00 a.m. - 2:00 p.m.

DECEMBER 5

WISH Allocation Meeting

*Members only event

Location: Banner University Medical

Center - Phoenix,

1111 E. McDowell Road, Phoenix

Time: 2:00 - 5:00 p.m.

