



Midwest Center for Women's HealthCare Upcoming Events & Women's Health Lectures April – July, 2014



"Pregnancy Planning 101: Maximizing Your Fertility"

Thursday, April 3, 2014 at 7 p.m.

St. Alexius Medical Center

by Anna Bobba, MD, FACOG

TO REGISTER FOR FREE: Call (866)ALEXIAN or go to www.alexianbrothershealth.org.

Are you considering a pregnancy in the next year? Have you had trouble getting pregnant. Join **Dr. Anna Bobba** as she outlines many helpful tips for preparing yourself for a healthy pregnancy. From vitamins to exercise to lifestyle choices, Dr. Bobba will help you to maximize your fertility and share her expertise gained from helping hundreds of women from conception to delivery. To learn more about [Dr. Bobba, click here](#).



"Babypalooza!" Event

Sunday, May 4, 2014 at 1 p.m. - 4 p.m.

Skokie Public Library

No registration necessary. Free event. To learn more go to www.skokielibary.info

Expectant and new parents are invited to an afternoon of all things baby, featuring the latest community resources available to new parents, fun library activities for babies, and quick fitness tips for parents. **Linda Given Welch, CNM, MS** will be available to explain the Role of Nurse Midwives, give Tips for Breastfeeding, and help new moms recognize and manage the symptoms of Post Partum Depression. To learn more about [Linda Given Welch, click here](#).



"Understanding Endometriosis"

Tuesday, May 6, 2014 at 7:30 p.m.

Mount Prospect Public Library

by M. Susan Scanlon, MD, NCMP

TO REGISTER FOR FREE: Call (847)253-5675 or go to www.mppl.org.

Endometriosis, a sometimes painful and complicated condition, is often associated with infertility. **Dr. M. Susan Scanlon** will explain signs and symptoms of endometriosis, discuss the tests used to diagnose it, and recommended treatment options. She will also explain how endometriosis affects fertility. To learn more about [Dr. Scanlon, click here](#).



“What Women Really Want: How to Feel Vital and Sexy for Life”

Wednesday, June 4, 2014 at 7 p.m.

Schaumburg Public Library

by Mary S. Farhi, MD, MPH, NCMP, FACOG, ABIHM, RYT

To register for free: Go to www.schaumburglibrary.org.

Health is more than an absence of disease. It is a positive state of wellness involving our physical body as well as emotional and mental health. Join **Dr. Mary S. Farhi** to learn what it means to feel vital at any age and ways to achieve your own state of “ease” or wholeness and bring balance and harmony to your life. To learn more about [Dr. Mary S. Farhi](#), [click here](#).



"Making Healthy Choices Away from Home: A Mother/Daughter Lecture"

Thursday, July 31, 2014, 7 p.m.

by M. Susan Scanlon, MD, NCMP, FACOG

Northwest Community Hospital, NCH Room 1-10. Attendees should use parking lot #4, and go in the East Entrance.

To register for free: Call Shelley at (847)884-9800, ext. 1326 or email her at szitron@mchwc.com

Dr. M. Susan Scanlon invites mothers and their daughters to join her to discuss the many health choices facing young women in high school and college. Topics to be covered include: Diet: How to Avoid Gaining Weight, Irregular Periods, Urinary Tract Infections/Yeast Infections, STDs, Sexual Assault Prevention, Importance of Self Respect, Choice Influencers:

Alcohol, Smoking. Make sure your daughter gets an A+ in Health in the Fall. Dr. Scanlon has office hours available for young women in need of a check up before heading back to school. To learn more about [Dr. Scanlon](#), [click here](#).