

Women's wellness day

Saturday, April 26
9 a.m. to noon

Corewell Health
William Beaumont University Hospital
Rose Cancer Center

3577 W. Thirteen Mile Road, Royal Oak, MI 48073



Learn about the latest in wellness from expert physicians

This free event will be self-paced. Drop by for an hour or spend the whole morning.

Interactive “ask the doctor” panel discussions

Learn from a multidisciplinary team of specialists why urology and pelvic health are key to a woman's wellness.

Learn about the power of the pelvic floor and how to maintain good bladder, bowel, reproductive and sexual health.

Integrative therapies for female health.

Learn how integrative modalities support women's health and well-being and why natural doesn't mean healthy. Gain a better understanding about active mindfulness and how it contributes to healthy aging.

How precision cancer care is improving treatment.

If you or a loved one has experienced cancer, come interact with our cancer physicians to better understand how new treatment protocols and advancements in technology are improving cancer outcomes.

Caring for the caregiver.

Sidestep caregiver burnout by getting advice on when, how and why to ask for help, available community resources, and decision making strategies.

Wellness stations

Connect with specialists and expert physicians, enjoy gourmet healthy snacks and a selfie station.

9 a.m. to noon

- Interactive meal planning demonstration.
- Blood pressure check.
- Vision test.
- Massage therapy.
- Reiki therapy.
- Yoga therapy.

Rise and shine chair yoga and tea

8 to 8:45 a.m.

- Space is limited.
- Requires advance registration.
- Gentle and safe for all.
- Tea and hot water provided.

Preregistration is recommended as space is limited.

For more details, visit corewellhealth.org/womens-wellness-day or scan to register:

