21st Annual
WOMEN’S WELLNESS DAY
Anchored in Wellness
PROGRAM
MAY 5, 2023
BALBOA BAY RESORT
Welcome to the 2023 Women’s Wellness Day (WWD)!

The goal of WWD is to improve whole-person health by offering an inspiring and educational experience. Integrative medicine is an approach to healthcare combining modern medicine with established practices from around the world developed over centuries of the human experience. I have been inspired by my experiences with the Susan Samueli Integrative Health Institute (SSIHI)’s level of care and education, and I am honored to be the WWD chair!

The Samueli Institute’s vision is to be the preeminent national and international academic institute for pioneering multidisciplinary research, education, and healthcare practices for the care of the whole person.

Anchored in Wellness is the theme of this year’s Women’s Wellness Day, which connects to SSIHI’s foundation of reimagining healthcare by complementing conventional treatments with integrative services that are informed by science and incorporated into the training of future team-based health professionals.

Thanks for joining us today. Sit back and relax, and be inspired!

2023 Women’s Wellness Day Committee

Tonya Becerra
Kelly Brennan
Kay Burra
Sara Garske
Rikke Gasner
Sandi Jackson

Amber Johnson
Bev Kritzstein
Kamber Lamoureux
Shaista Malik
Michelle McCoy
Dana Orsini

Patti Porto
Lauren Rednour
Susan Samueli
Barbara Steinberg
Megan Stirrat - Emcee
21st Annual
WOMEN’S WELLNESS DAY
Anchored in Wellness
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Sandi Jackson

The Orange County Register

Mother’s

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DeAnna & Michael Colglazier

PHOTOGRAPHY

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OUR MISSION
To transform healthcare through the practice of integrative health by conducting rigorous research, promoting evidence-informed treatment modalities, educating the public on wellbeing practices, providing individualized, patient-centered clinical care and providing services to the community that focus on obtaining optimal health.
The Susan Samueli Integrative Health Institute, part of UCI Health, offers care from specialty physicians, health coaches, registered dietitians, naturopathic doctors, nurse practitioners, psychologists and concierge primary care physicians.

All our providers share a perspective that highlights the importance of a whole-person, systems-based approach to health. We offer advanced diagnostics and develop individualized treatments to optimize your health and well-being.

An innovative approach to healthcare supported by research

The Susan Samueli Integrative Health Institute, part of UCI Health, offers care from specialty physicians, health coaches, registered dietitians, naturopathic doctors, nurse practitioners, psychologists and concierge primary care physicians.

All our providers share a perspective that highlights the importance of a whole-person, systems-based approach to health. We offer advanced diagnostics and develop individualized treatments to optimize your health and well-being.

Integrative Clinical Services

- Acupuncture
- Biofeedback
- Breast Health
- Cardiology
- Children’s Health
- Concierge Primary Care
- Dermatology
- Executive Health
- Gastroenterology
- Health and Wellness Coaching
- Massage Therapy
- Medical Group Visits
- Mindfulness
- Naturopathic Medicine
- Nutrition
- Pain Care
- Physical Therapy
- Weight Management
- Women’s Health
VISIT THE SAMUELI INSTITUTE’S NEW IRVINE LOCATION

LOCATIONS:

UCI Health Susan SamueI Integrative Health Institute - Irvine
856 Health Sciences Road
Irvine, CA 92617
(949) 824-7000

UCI Health - Newport Beach
2161 San Joaquin Hills Road
Newport Beach, CA 92660
(949) 386-5700

UCI Health - Laguna Hills
23961 Calle de la Magdalena Ste. 200
Laguna Hills, CA 92653
(949) 238-4100

UCI Health - Santa Ana
800 N. Main St.
Santa Ana, CA 92701
657-282-6355

UCI Health - Yorba Linda
18637 Yorba Linda Blvd.
Yorba Linda, CA 92886
(714) 790-8600

To learn more about our institute and our whole-person approach to healthcare, please scan the QR code or visit ssihi.uci.edu

UCI Susan SamueI Integrative Health Institute
Integrative health didn’t just treat one problem — it looked at my whole picture.

Susan Samueli Integrative Health Institute offers a range of services from nutrition to acupuncture. Discover the difference integrative health can make.

Learn more at ssihi.uci.edu
We're proud to support the Susan Samueli Integrative Health Institute in hosting their 21st Annual Women's Wellness Day!

Lisa Argyros
Argyros Family Foundation
Saluting 21 years of Women’s Wellness Day

UCI Health congratulates the Susan Samueli Integrative Health Institute on your 21st Annual Women’s Wellness Day. We value your continued commitment to empowering women in Orange County and beyond. Thank you for providing the tools and knowledge to help women stay the course of their personal health and wellness journey.

UCI Health
ucihealth.org
BREAKFAST

- Gluten-Free Breakfast Bakery Basket (Table)
- Plated Seasonal Sliced Fruit and Berries
  - Mango, Kiwi, Strawberry, Blackberry, Dragon Fruit, Melons, Pineapple, Seasonal Citrus
- Just Egg Frittata (V, GF)
  - Vegan Sausage, Seasonal Exotic Mushroom Blend, Vegan Cheddar, Grilled Asparagus, Semi Dried Roma Tomato, Arugula Pesto

LUNCH

- Seared Icelandic Cod (GF)
  - Cauliflower Couscous & Quinoa with Green Peas, Pomegranate Seeds, Toasted Pine Nuts, Cassis Vinaigrette
- Sazon Spiced Tofu Scallop (V, GF)
  - Roasted Corn and Almond Milk Puree, Garlic Kailan, Pomegranate Seeds

DESSERT

- Chia Seed Pudding (V, GF)
  - Coconut Milk, Monk Fruit Sugar, Blueberry Puree, Mango Compote, Mint Leaf

SNACKS FOR HEALTHY MARKETPLACE BREAK

- Guacamole and GF Chips
- Red Beet Hummus Crudité (carrots, celery, broccoli, cauliflower, radish)

HAPPY HOUR SIGNATURE MOCKTAIL

- 2 oz Pomegranate Juice/Syrup
- ½ oz Fresh Lime Juice
- Splash of Club Soda
- Lime Slice
- Pinch of monk fruit to sweeten
PROGRAM

7:00 a.m.  Registration & Marketplace Open  
Ballroom Foyer, Ballroom Terrace

7:30 a.m.  Morning Experiential Sessions  
Choose one experiential to start your day

Gentle Yoga to Energize Your Morning
with Jaclyn Leong, DO  
Internal Medicine, Susan Samueli Integrative Health Institute  
Mariners Room

Mindful Awe Walk
with Jessica Drew de Paz, PsyD  
Director of Mindfulness, Clinical Psychologist, Susan Samueli Integrative Health Institute  
Bayfront Lawn
8:30 a.m.  Session One
Main Ballroom
Breakfast

Welcome
Whole-Person Care: Why Now?
with Shaista Malik, MD, PhD, MPH, FACC
Associate Vice Chancellor of Integrative Health, Susan & Henry Samueli College of Health Sciences; Professor of Medicine, Cardiology; Executive Director, Susan Samueli Integrative Health Institute, UCI

The Hormone Symphony:
Keys to Achieving Balance Naturally
with Tara Scott, MD
Hormone Guru

Stress, Resilience and Mental Health:
A Neurovisceral Integration Perspective on Emotional Wellbeing
with Julian Thayer, PhD
Distinguished Professor Psychological Science, School of Social Ecology UCI

Emerging Integrative Therapies for Migraines
with Robert Bonakdar, MD, FAAFP, FACN, DAAPM
Director of Pain Management Scripps Center for Integrative Medicine
9:55 a.m.  Healthy Break & Marketplace  
Ballroom Foyer, Ballroom Terraces

10:40 a.m.  Session Two  
Main Ballroom

The Hard Science of Herbal Medicine: Understanding Botanical Therapeutics at the Molecular Level

with Geoffrey Abbott, PhD
Professor of Physiology and Biophysics and Vice Dean, Basic Science Research, UCI School of Medicine; Samueli Scholar, UCI

A Guided Meditation: Connecting to Your Higher Self

with Sanaz Demehry, MS, PA-C
Physician Assistant, Herbalist, UCI Susan Samveli Integrative Health Institute

Your Inner Wisdom: A Compass to Well-Being

with Tieraona Low Dog, MD
Founding Director of Medicine Lodge Ranch and Former Fellowship Director, University of Arizona Center for Integrative Medicine
11:45 a.m.  Healthy Break & Marketplace
Ballroom Foyer and Ballroom Terraces
Food and drinks served on Upper Ballroom Terrace

12:30 p.m.  Main Session
Main Ballroom
Lunch

Review of Susan Samuei Integrative Health Institute Accomplishments

with Shaista Malik, MD, PhD, MPH, FACC
Associate Vice Chancellor of Integrative Health, Susan & Henry Samueli College of Health Sciences; Professor of Medicine, Cardiology; Executive Director, Susan Samueli Integrative Health Institute, UCI

Keynote: Eat to Beat: From Diet to Cancer Prevention

with William Li, MD
Author; President and Medical Director, Angiogenesis Foundation
2:00 p.m.  Happy Hour and Marketplace

Happy Hour
Upper Ballroom Terrace

VIP Reception - *By invitation*
Quarterdeck Room (Upper Terrace)
A combination of breath work, supported meditation, and gentle movement sequences will guide your relaxation and align energizing intentions for digestion and the wellness day ahead.

Bring a yoga mat. Towels will be provided.

**KEY TAKEAWAYS**

Your morning yoga experience is designed to:

- Set your intention for the day
- Enhance digestion
- Boost focus and concentration
- Improve energy and vitality
- Reduce stress and inflammation
Take a deep breath. Notice the sensations of the inbreath and outbreath. As you start to walk, feel your feet on the ground and listen to the surrounding sounds. Be open to what is around you, to things that are vast, unexpected, things that surprise and delight. Let your attention be open in exploration for what inspires awe (A wide landscape? The small patterns of light and shadow?) Continue your walk and, every so often, bring your attention back to your breath. Notice—really notice—the multitude of sights, sounds, smells, and other sensations that are dancing through your awareness, usually undetected.

This can support you in:
- Lessening burdens, frustrations and worries
- Decreasing substances related to body-wide inflammation
- Sharpening your brain
- Boosting prosocial emotions such as compassion and gratitude
- Making you feel more connected to your world and to humanity

Reference: Dacher Keltner, PhD, UC Berkeley: greatergood.berkeley.edu/article/item/how_to_cultivate_awe_walking_meditation

KEY TAKEAWAYS
You can take an “Awe Walk” any time:
- Take a deep breath. Notice the sensations of the inbreath and outbreath.
- As you start to walk, feel your feet on the ground and listen to the surrounding sounds.
- Be open to what is around you, to things that are vast, unexpected, things that surprise and delight.
- Let your attention be open in exploration for what inspires awe (A wide landscape? The small patterns of light and shadow?)
- Continue your walk and, every so often, bring your attention back to your breath. Notice—really notice—the multitude of sights, sounds, smells, and other sensations that are dancing through your awareness, usually undetected.

Turn a simple stroll into an “Awe Walk.” Awe can be defined as a sense of wonder and reverence, making us feel like we are part of something greater than ourselves. Join us, as we connect to the world around us, and to each other.
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Marketplace Vendors

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- UCI Health
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www.vacationsthatmatter.com
Childhood knows a tree offers more than just shade. It’s prime real estate.

Our experts keep kids climbing.
KEY TAKEAWAYS

- Female hormones are not just about reproduction and pregnancy; they have many other vital functions in your body.
- While fluctuations during perimenopause can be normal, there are ways to ease the transition.
- Stress can affect all of your hormones - especially your female hormones and thyroid.
- Five tips to help your hormones stay balanced:
  1. Sleep at least eight hours every night
  2. Address movement daily
  3. Find the tool for stress management that works for you
  4. Eat whole foods, and minimize consumption of processed foods, sugar and alcohol, to help hormone balance
  5. Be aware of environmental toxins and minimize your exposure to help prevent hormone imbalances.
Saving and investing for the future doesn't have to be stressful. As a financial advisor, Megan helps her clients relax and succeed by providing solid wealth management strategies with predictable income and growth potential.

Meeting the financial needs of women through significant transitions in life like divorce and retirement for over 20 years, Megan has a reputation for her "sensible and sensitive" approach, her invaluable guidance, and her ability to explain — in simple terms — the complex role that investments play.

- September 2020, 2021, 2022 - Working Mother/SHOOK Research's "Top Wealth Advisor Moms" list
- April 2020, 2021, 2022 - Forbes "America's Top Women Wealth Advisors" list
- January 2020, 2021, 2022, 2023 - Forbes "Best-in-State Wealth Advisors" list

In the spirit of wellness, let Megan help you stay financially fit too!
The intimate connection between the brain and the heart via the vagus nerve was enunciated by French physiologist Claude Bernard over 150 years ago.

In our neurovisceral integration model, we have tried to build on this pioneering work and revive interest in the vagus. Learn how the model integrates autonomic, attentional, and affective systems into a functional and structural network that may help to guide understanding of emotion wellbeing.

KEY TAKEAWAYS

- Heart rate variability is a measure of vagus nerve activity.
- Slow breathing can enhance vagus nerve function.
- Better vagus nerve function is associated with better physical and mental health.
MOTHER'S

UPCOMING EVENTS

May 10th : Skincare Class
1890 Newport Blvd., Costa Mesa, CA 92627

May 13th : Huntington Beach Customer Appreciation
19770 Beach Blvd., Huntington Beach, CA 92648

May 16th : Bingo Night
19770 Beach Blvd., Huntington Beach, CA 92648

Follow Us and tag us @mothersmarkets ✨🔗✔

To get invites to these exclusive events and to get the best deals, join our Family Rewards program. Scan the QR code to sign up and receive a $25 off $75 coupon.
Migraines affect 40 million Americans and are three to four times more likely in women.

Migraines also have nutritional and autonomic underpinnings which are often underappreciated and lead to poor satisfaction in care.

This session will review innovative nutritional and biostimulation treatments to optimize migraine recovery.

**KEY TAKEAWAYS**

The audience will learn that migraines are:

- the most common cause of disability in women under 50.
- the body’s attempt to recover from oxidative stress.
- associated with metabolic and autonomic dysfunction.
- improved with optimized nutrition.
- improved with individualized mind-body therapies.
WE ARE PROUD TO SUPPORT WOMEN’S WELLNESS DAY

Our EnLIGHTened Entrees® include over 9 items featuring nutrient-rich superfoods, low-calorie dishes, vegetarian entrees and gluten-free options.

Enlightened Kale and Roasted Brussels Sprouts
Enlightened Cherry Chipotle Glazed Salmon
Lunch Enlightened Mediterranean Chicken Bowl

FOR MORE DELICIOUS ENLIGHTENED ENTREE FAVORITES VISIT WWW.BJSRESTAURANTS.COM

UCI Anti-Cancer Challenge

RIDE. RUN. WALK. TO DEFEAT CANCER.

Challenge yourself with a 5K/10K run or walk, 14-, 35-, 60- or 100-mile bike ride or a mountain bike ride with your friends and family!

No matter how you participate in the UCI Anti-Cancer Challenge, 100% of your contribution supports life-saving cancer research at the UCI Health Chao Family Comprehensive Cancer Center.

SATURDAY, OCT. 7
ALDRICH PARK, UC IRVINE
ANTI-CANCERCHALLENGE.ORG
Plants have been used as medicines since prehistory. Many specific uses of herbal medicine are rooted in tradition and even mythology. Abbott will share how a methodical, molecular mechanistic approach to investigations is leading to discovering that many traditional botanical therapies work and, in some cases, offer novel therapeutic approaches where modern synthetic medicines have fallen short.

**KEY TAKEAWAYS**

- Our ancestors were using plants as medicine as early as 1 million years ago – long before our species, Homo sapiens, existed.
- We recently discovered that a specific class of proteins (potassium channels) that conduct electrical currents in our bodies are important medicinal targets for metabolites found in plants that we commonly consume as foods and herbal medicines.
- The effects of plant metabolites on the electrical activity in our bodies rationalizes use of herbal medicines for disorders including epilepsy, ataxia, pain, inflammation and hypertension.
- By examining the effects of herbal medicines at the molecular level, we can ultimately improve their use in the clinic and discover new, safe and effective drugs from plants.
- We still have much to learn from ancient and modern use of medicinal plants by indigenous populations, including North American First Nations. By safeguarding their culture and the habitats in which medicinal plants grow, we can ensure their knowledge and the medicinal plant species themselves are not lost forever.
Turnaround Thinking

Sherry Phelan, PhD

PROUD TO SUPPORT WOMEN'S WELLNESS DAY
A Guided Meditation: Connecting to Your Higher Self

SANAZ DEMEHRY, MS, PA-C
Physician Assistant and Herbalist,
Susan Samueli Integrative Health Institute, UCI

Sponsored by

Participate in a guided meditation designed to create a sense of relaxation throughout the mind and body. Tap into the innate inner wisdom, intuition and guidance that all women cultivate on their life’s journey.

KEY TAKEAWAYS

- Guided meditation leads to relaxation and stress reduction.
- Meditation’s internal focus can often help us understand how we think and feel.
- Consistent meditation practice can lead to the cultivation of a more positive perspective of life’s experiences.
- Meditation practice has been shown to facilitate pain reduction, better sleep, improved mental health and a more positive outlook regarding our daily lives.
- Additional guided meditations can be found in the SSHI Learning Library:
Palmer Family Foundation

Congratulations on the 21st year!
Women experience many stress-related symptoms such as headache, fatigue, anxiety, poor concentration, irritability, worry, insomnia, muscle tension and digestive problems.

Even though we manifest symptoms in our physical body, it might not be where the root of the problem lies. True health and contentment come from not only looking outward for knowledge and guidance, but from turning inward, honoring our bodies, and listening to own inner wisdom.

**KEY TAKEAWAYS**

- Learn to recognize the subtle signals your body is sharing with you.
- Honor your experience and your story.
- Create space for quiet, for stillness.
- Practice mindfulness to deepen your connection to self and others.
Supporting Orange County's thriving mosaic of community well-being

Proud sponsor of the
21st Annual
WOMEN'S WELLNESS DAY
His groundbreaking research has led to the development of more than 30 new medical treatments that impact care for more than 70 diseases including diabetes, blindness, heart disease and obesity. His TED Talk, “Can We Eat to Starve Cancer?” has garnered more than 11 million views. Dr. Li has appeared on Good Morning America, CNN, CNBC, Rachael Ray and Live with Kelly & Ryan, and he has been featured in USA Today, Time Magazine, The Atlantic and O Magazine. He is President and Medical Director of the Angiogenesis Foundation, and he is leading global initiatives on food as medicine.

Learn more about Dr. Li’s work in his two books:  

*Eat to Beat Your Diet* & *Eat to Beat Disease*

Website: [drwilliamli.com](http://drwilliamli.com)
Follow him on Instagram, Twitter, Facebook and YouTube: @drwilliamli
Dr. Li will discuss the surprising new science of weight loss, revealing healthy body fat can help with weight loss, factors underlying metabolism, and fasting windows.

Diet isn’t only about weight but can prevent or drive chronic disease.

Although the link between diet and diabetes and heart disease are well established, emerging evidence shows that cancer can also be targeted with not only drugs but food.

**KEY TAKEAWAYS**

- Metabolism at an older age can be the same at a younger age.
- Everyday foods can be harnessed to activate fat burning systems.
- Foods can activate the body’s own anti-cancer defense systems, including the gut microbiome and immune system.
- Growing evidence shows that adding certain dietary factors may improve cancer patient response to therapy.
Mussallem Nutritional Education Center
Join us for classes beginning this summer!

Come and cook with Executive Chef Jessica Van Roo in the new state-of-the-art Nutritional Education Center!

Discount code for classes: "WWD2023NEC"
Valid until October 31, 2023.

ssihi@uci.edu

Learn more about SSIHI classes:
Celebrating Women's Wellness for 21 years!

Proud Supporter and Committee Member

Sandi Jackson
Concierge Primary Care

Our integrative health model combines the best of conventional and complementary medicine to help you achieve your best health.

Amenities and Services Include:

- Exclusive access
- Telehealth options
- Extended office visits
- Direct provider access
- Body composition analysis
- Massage therapy session
- Comprehensive stress management consultation

To meet the increasing demand for the Concierge Primary Care Program, Judy Lee Vogt, MD, has joined the Susan Samueli Integrative Health Institute as a Concierge Primary Care provider in Newport Beach.

Dr. Lee Vogt is a board-certified family medicine practitioner. Her clinical interests include preventive medicine, women’s health, management of chronic conditions and promoting health and wellness through patient-centered care.

“In the concierge model, we have the luxury of time.”
– Judy Lee Vogt, MD, Concierge Primary Care Physician

To schedule your complimentary initial appointment, call 949-386-5700 or scan the QR code to visit our website.
Celebrating and Supporting Women’s Wellness Day 2023

Complement your integrative health routine, and take care of your mind, body and spirit by getting away!

Many first-class beach villas, immersive educational experiences, remote locales, bustling international cities and other inspiring destinations await you.

As travel has bounced back in the last year, many travelers are working on their bucket lists and planning beyond 2023 to ensure they get access to the experiences they want.

Tell a Lake Shore Travel advisor about your travel dreams, and let us help you design a plan to make them a reality.

lakeshoretravel.com
1.800.835.5090
The sparkling scent of Inis instantly refreshes and makes you feel close to the sea - no matter where you are. Discover our ocean-inspired fragrance and seaweed enriched body care collections - plus coastal lifestyle jewelry, home décor, beach apparel and more at our Huntington Beach Flagship Store.

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We are located just south of the Pier on PCH - Sea you soon!

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Our News Isn’t Just Local. It’s Personal.

From natural disasters to sports triumphs, birth announcements to obituaries, local news has always been a matter of life and death, joy and tragedy. We’ll keep reporting the news that affects you in a personal way—accurately and objectively. Because if it’s happening in your backyard, it’s a big story to us.

The Orange County Register is proud to support UCI Susan Samueli Integrative Health Institute’s Annual Women’s Wellness Day.

ocregister.com/subscribe
Decide • Commit • Succeed

Discover how you can become your best self and be

Better With Age

Patti Porto
Life/Relationship Coach
Author

20% discount on client services for WWD Attendees
Contact me for more information!
www.pattilifecoach.com

If I Knew Then What I Know Now

Better with Age

Patti Porto

Available on Amazon, scan the QR Code
Pickett Design Associates is proud to have provided interior design services for UC Irvine’s Susan Samueli Integrative Health Institute at their new College of Health Sciences. We recognize the unique opportunity to support our exceptional collaborators, HED Architects and S/L/A/M.

For more information, please contact Stephanie Ramirez: sramirez@pickettdesigns.com.

**Pickett Design Associates**
9020 Lindblade St., Culver City, CA 90232
310-558-5500
BRIDGET THOMPSON STAMOS, MD, passed away peacefully on October 14, 2022, surrounded by love and family. Bridget and her husband, Michael J. Stamos, MD, dean of the UCI School of Medicine, lived in the beautiful city of Rolling Hills Estates where they built their dream home in which Bridget could cultivate her exquisite home decorating skills.

They welcomed their son, Ilias, into the world in 2001. Bridget doted on Ilias. She always gave careful attention to detail and never missed an opportunity to honor a birthday or celebrate a special occasion for those she loved. Bridget was an avid practitioner and instructor of yoga, enjoyed running (until her knees no longer allowed this), gardening, traveling, hiking, snowshoeing, fine wine and cooking gourmet cuisine with Michael and Ilias.

Bridget specialized in internal medicine and worked as the medical director at the Motion Picture & Television Fund Westside Medical Center for a few years until the Northridge earthquake made the commute impossible. She then became a UCLA assistant professor based at Harbor-UCLA before “retiring” from clinical practice. Her colleagues and medical trainees remember her as an intelligent, kind and compassionate doctor and mentor.

She had joie de vivre that was contagious to all lucky enough to be in her world. She will be missed terribly.

Throughout her life, Bridget was committed to personal wellness and helped others achieve a healthier mind, body and spirit—the essence of Women’s Wellness Day. A UCI School of Medicine endowment has been established in her name. Consider a donation to the Bridget T. Stamos Endowment which will provide funds to work on a cure and prevention of brain cancer. For more information:

rememberingbridgie.com/in-lieu-of-flowers
Tai Chi and Mindfulness Classes

Scan the QR code or visit:
ssihi.uci.edu/community-programs/classes/
Wellbeing Circle

When you support the Susan Samueli Integrative Health Institute through a Wellbeing Circle membership, you support Orange County’s only academic institute committed to the research, education and clinical practice of integrative medicine.

Your annual contribution of $1,200+ makes it possible for people in Orange County – and beyond – to benefit from whole-person care.

In gratitude of your support, Wellbeing Circle members receive:

- Invitations to exclusive events
- 15% discount on up to two Women’s Wellness Day 2023 tickets
- 15% discount on registration to any SSIHI mindfulness series

Join Us
Contact Kelly Brennan, Director of Strategic Initiatives: kellylb@hs.uci.edu

Members experience special events year round focused on their personal wellbeing.

GIVE
- Easily donate to the Susan Samueli Integrative Institute.
- Scan the barcode.
- Your donation may be tax deductible. Consult your tax advisor.
Thank you for joining us!

Keep connected!

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UCI Health