

Nationally Acclaimed Author Will Discuss How to Recognize and Manage Stress at March 4 Luncheon in B

New Directions for Women Health Luncheon Benefits National Jewish Health, the Nation's Leading Respiratory Hospital

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Boca Raton, FL — Women may be addicted to stress because of the ever-increasing demands for their time and energy, according to Heidi Hanna, PhD, bestselling author and health consultant. Dr. Hanna will identify the effects of stress on women's health and describe ways to combat it at the New Directions for Women Health Luncheon on March 4 at the Royal Palm Yacht and Country Club in Boca Raton. The luncheon benefits National Jewish Health, the nation's leading respiratory hospital and a pioneer in personalized medicine for heart and lung diseases.

As a global speaker and consultant, Dr. Hanna has worked with thousands of individuals on how to incorporate nutrition, exercise and positive psychological strategies to improve their health, productivity and performance. She is the author of The New York Times bestseller "The SHARP Solution: A Brain-Based Approach for Optimal Performance," and will soon publish "Stressaholic: Five Steps to Transform Your Relationship with Stress."

The New Directions for Women Health Luncheon is hosted by the Southeastern Regional Office of National Jewish Health located in Boca Raton. In just its first two years, the luncheon has raised more than \$100,000 to support women's heart and lung health programs at National Jewish Health.

Heart disease and stroke have become the leading killers of women in the United States, taking the lives of one out of every two women. Lung cancer is also on the rise in women, and women have higher rates of COPD and adult-onset asthma than men. Women make up half of all adult asthma diagnoses in the country, and those 9 million women with asthma have a higher prevalence of anxiety, as well as insomnia and daytime sleepiness than their male counterparts.

The world-class physicians and researchers at National Jewish Health are experts in heart and lung diseases that affect women. The luncheon will focus on raising funds to support the institution's work to deliver compassionate care and conduct cutting-edge research into these diseases that are affecting millions of women worldwide.

In 2013, Floridians visited the National Jewish Health campus for care more than 1,000 times. The institution also provided more than \$253,000 in charity care to Florida residents during that time.

Tickets to the New Directions for Women Health Luncheon at the Royal Palm Yacht and Country Club in Boca Raton on March 4 start at \$100 and are available by calling 561.477.5400 or emailing reutlingerr@njhealth.org. The event will also feature a unique raffle and silent auction.

Elaine H. Weinberg, vice president, Morgan Stanley, is the chair of this year's event. The 2014 luncheon committee members are:

Karen Alleyne-Means	Myrna Norwitz
Dawn Burke	Orit Nicole Pines
Chim Francisco	Jewel Prince
Kathy Fryburg	Glemaan Robbins
Rhona Guberman	Donna Robins
Judy Haas	Sally Rossi-Rosenberg
Dolores Hartzmark	Lila Siegel

Anne Jacobson
Lisa Jensen
Jane Mandell
Barbara Manus
Linda Myrick

Sheila Stern
Shirley Stern
Barbara Tornberg
Tonia Turner

For more information about sponsorships, tickets and details about the New Directions for Women Health Luncheon, view the [invitation](#).

National Jewish Health is the leading respiratory hospital in the nation. Founded 122 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the [media resources page](#).

Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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