



**100 women in
hedge funds®**

Managing Stress and Living Well amid the Financial Crisis

November 11, 2008 at 6 PM
New York

In the current environment, it is as important as ever to take care of mind, body, and spirit. Memorial Sloan Kettering has pioneered services that treat the "whole person" and provide insights into healthy living and balancing stress in our daily lives. Our distinguished panel will address a variety of questions including:

*Can meditation really make a difference in managing stress?

*What are some of the evidence-based studies that demonstrate the value of "complementary medicine" such as acupuncture and yoga?

*How can we reduce cancer risk by our behaviors?

Participants

Barrie R. Cassileth, M.D., Memorial Sloan Kettering

Paul A. Glare, M.D., Memorial Sloan Kettering

Jamie S. Ostroff, Ph.D., Memorial Sloan Kettering

Event Details

Date: November 11, 2008

Time: 5:15 PM Registration.

We will begin *promptly* at 6 PM; please arrive early.

Networking and cocktails following session

Host: Memorial Sloan Kettering

Location: Memorial Sloan Kettering's Rockefeller Research Laboratories

Arlene and Arnold Goldstein Auditorium, 430 East 67th Street (between York and First Avenues), New York, NY

This event is NOT FOR ATTRIBUTION.

Admission is free, but there is a \$25 charge if you register and do not attend, even if you cancel in advance. No-show proceeds will be donated to our 2008 beneficiary, The Harold P. Freeman Patient Navigation Institute at the Ralph Lauren Center for Cancer Care and Prevention.

If you have no-show fees in arrears, the system cannot register you for an event. Fees can be paid online at:

https://www.100womeninhedgefunds.org/pages/noshow_payment.php

Space is limited. No walk-ins will be permitted.

Biographies

Barrie R. Cassileth, M.D., Chief, Integrative Medicine Service, and Laurence S. Rockefeller Chair in Integrative Medicine, Memorial Sloan Kettering

Dr. Cassileth created the integrated medicine service at MSK in 1999 after 25 years in alternative and complementary medicine and the psychosocial aspects of cancer. She received her PhD from the University of Pennsylvania, where she was assistant professor at the University's medical school and director of their cancer center's psychosocial programs. She is founding president of the International Society for Integrative Oncology and founding member of the NIH Office of Alternative Medicine's advisory board.

Paul A. Glare, M.D., Chief, Pain and Palliative Care Service, Memorial Sloan Kettering

Dr. Glare joined MSK in 2008 from Sydney, Australia, where he spent ten years as chief of a large academic palliative medicine program. He trained in internal medicine, palliative medicine, and pain medicine; and also served as a Fellow in palliative medicine at the Cleveland Clinic. He is the associate editor of the new Palliative Medicine textbook published by Elsevier, editor of books on prognostication and on opioid pharmacology and co-chair of the Palliative Care section of the Multinational Association of Supportive Care in Cancer.

Jamie S. Ostroff, Ph.D., Chief, Behavioral Sciences Service, Memorial Sloan Kettering

Dr. Ostroff is the chief of the Behavioral Science Service, part of MSK's Department of Psychiatry and Behavioral Science Department. A clinical health psychologist, she is also director of the Smoking Cessation Program and has focused on developing innovative methods for treating tobacco dependence. Dr Ostroff leads a Health behavior Change and Cancer Risk Reduction Laboratory and serves on academic and national committees. She received her PhD from Vanderbilt University.

About Memorial Sloan Kettering

Integrative Medicine

Memorial Sloan-Kettering's Integrative Medicine Service combines the discipline of modern science with the wisdom of ancient healing. It is open to patients and the general public, offering a full range of meditation and fitness classes, nutritional counseling, and information about herbal and botanical remedies – all in an attractive, spa-like setting. Research ranges from topics such as acupuncture and fatigue to the effects of music and other relaxation therapies, and the effectiveness of preoperative hypnosis.

Pain Management and Well Being

The Pain and Palliative Care Service has a broad program of research, including the study of neurological mechanisms of pain and the social and psychological factors affecting pain. The team also is developing more accurate methods of pain assessment. Research studies include AIDS as well as cancer, and understanding morphine and other "opioid" treatments.

Psychiatry and Behavioral Sciences Memorial Sloan-Kettering's Department of Psychiatry and Behavioral Sciences is a pioneer in understanding and addressing the complex network of issues that patients and families confront at all stages of illness. Research areas include the reduction of cancer risk behaviors, cancer screening guidelines, treatment decision making, survivorship, physician/patient communication and increasing access to cancer care for members of ethnic minorities.

About 100 Women in Hedge Funds (www.100womeninhedgefunds.org)

100 Women in Hedge Funds serves over 10,000 alternative investment management investors and practitioners through unique educational, professional leverage and philanthropic initiatives. Since its first session in 2002, 100 Women in Hedge Funds has hosted more than 150 events globally, connected more than 150 senior women through Peer Advisory Councils and raised in excess of \$14 million for philanthropic causes in the areas of women's health, education and mentoring.