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MISSION

The Laura W. Bush Institute for Women's Health is dedicated to improving the lives of women and girls in Texas and across the nation by advancing multidisciplinary science in women's health. Recognizing that differences matter, we promote health, individually inspired, through scientific investigation, translation of science into practice, and providing outreach that impacts the community today and tomorrow.

VISION

To maintain a national position as leaders in women's health and gender-based medicine throughout Texas and the nation, while remaining committed to enriching the lives of women and girls in our communities.

DEAR FRIEND,



Please find in this IMPACT report helpful information and community news.

The stories featured in this issue relate to breast cancer - from research in Abilene to innovative treatments in Lubbock and Amarillo. In each case, you will read the research of scientists and clinicians who are working to improve the lives of women in Texas and across the world.

The Institute depends on the passion and commitment of the national advisory board, institute staff, community advisors, volunteers and donors. A special thanks goes to our outgoing board chair and my friend, Lee Ann White. Thank you, Lee Ann, for furthering the mission of the Institute. Lee Ann has done such a great job that it will take two to replace her. I'm thrilled to announce Jeanne Cox and Jan Rees-Jones as our new board co-chairs.

WARMLY,





For the past four years, it has been my honor and pleasure to serve as the chair of the National Advisory Board. This position has provided many opportunities to become better acquainted with Mrs. Bush, our board members and the institute staff throughout Texas. I can tell you from first-hand experience, we have a very hard working team and it is exciting to see them in action!

It is with pride in our accomplishments and enthusiasm for the future that I announce the new co-chairs for 2017–2019 are Jeanne Tower Cox and Jan Rees-Jones. These ladies, a Mustang and Red Raider, respectively, bring a wealth of experience and eagerness to this position. They look for fresh ideas in every area

of our mission. For years, both women have taken an active role in philanthropy through their family foundations, served on numerous boards and are well known in their communities. Jeanne and Jan have a passion for women's health and a commitment to the Laura W. Bush Institute for Women's Health that will guide us to new heights.

THANK YOU FOR THE OPPORTUNITY TO SERVE,

Lee Unn White

CHAIR
National Advisory Board
Laura W. Bush Institute for Women's Health





This summer issue of IMPACT is filled with photos, stories and reports from our campuses across Texas. As you will see, our focus on women's health takes many shapes as we touch the lives of young girls with GiRL Power, college students with Women's Night at the Rec and women of all ages with our interesting health symposiums. This past spring, specialists educated appreciative and enthusiastic audiences on subjects such as stem cells, genetic testing, improved sleep and heart disease. Special keynote addresses were given by Mrs. Laura Bush, Joan Lunden and Oliver North, each of whom shared their personal experiences and inspired us all.

Thank you for your interest in the Laura W. Bush Institute for Women's Health. We welcome your help as a volunteer, a committee member, a board member and a donor. Working together is a joy and a privilege for me.



EXECUTIVE DIRECTOR

Laura W. Bush Institute for Women's Health



Whenever and wherever there is an opportunity to move the needle in sex and gender research and education, the Laura W. Bush Institute for Women's Health is present. Throughout this edition of IMPACT you will see the local, regional and national work of the institute. There can be no doubt that the institute's influence extends far beyond the boundaries of West Texas. We could not succeed in our mission without the support of the many talented Texas Tech University Health Sciences Center students, faculty and staff, and our amazing institute communities and advisory boards. At the spring National Advisory Board meeting, Mrs. Lee Ann White, who has led the board for the past four years, handed over the reigns as Chairwoman.

Words cannot adequately portray the energy, enthusiasm and brilliance that Lee Ann brings to everything she does. Her strategic leadership has been critical in elevating the institute to the next level and positioning us for even greater success. I learned greatly from working with and observing her lead and feel fortunate to retain a treasured friendship.

SINCERELY.

CHIEF SCIENTIFIC OFFICER

Marjorie Jenkins, M.D.

Laura W. Bush Institute for Women's Health

National Clavisory BOARD TRIBUTE

Meeting twice each year, the National Advisory Board members are critical to the mission of the Laura W. Bush Institute for Women's Health. As leaders in communities across Texas, they provide insight valuable to the executive director and the regional directors and are actively involved with networking, special events and fundraising throughout the year.

For the past four years, the key position of chair of the board has been held by Mrs. Lee Ann White. Lee Ann's commitment to the institute combined with her style and influence have brought about expansion and growth. Her experience as senior vice president and director of public relations for PlainsCapital Corporation, as well as her affiliation with other boards, provided Lee Ann with perfect instincts. "I've loved every minute working with Mrs. Bush and the institute's team. We had a wonderful time improving the lives of women and girls across Texas," said White.

Spring 2017 is a time of transition. It is with gratitude and affection that we thank Lee Ann for her service and welcome our new co-chairs Jan Rees-Jones and Jeanne Tower Cox.









Welcome NEW BOARD CHAIRS

During our April National Advisory Board meeting, Jan Rees-Jones and Jeanne Tower Cox began their tenure as co-chairs for the institute. Both have served on the board for the past three years or more and have actively participated in board meetings, development and community events.

A graduate of Texas Tech University, Rees-Jones serves on the board of the Rees-Jones Foundation, which she and her husband co-founded in 2006. Additionally, her passion for animal welfare led to her support of the SPCA of Texas where she is an honorary member of the Board of Directors.

Cox is a graduate of Southern Methodist University (SMU) where she serves on the university's Board of Trustees and the boards of the John Goodwin Tower Center for Political Studies, Dedman College and the Texas-Mexico Center. She is a former trustee of the Communities Foundation of Texas and the Board of the Maguire Center for Ethics and Public Responsibility at SMU.

The institute is honored to have these two amazing women share the leadership role for the next two years!

"We are excited to serve together as co-chairs for the Laura W. Bush Institute for Women's Health. We look forward to working with our friends and colleagues on the board to advance the important work of this great institute."







Jeanne Tower Cox

NATIONAL

ADVISORY BOARD

Members

















COMMUNITY

ADVISORY BOARD



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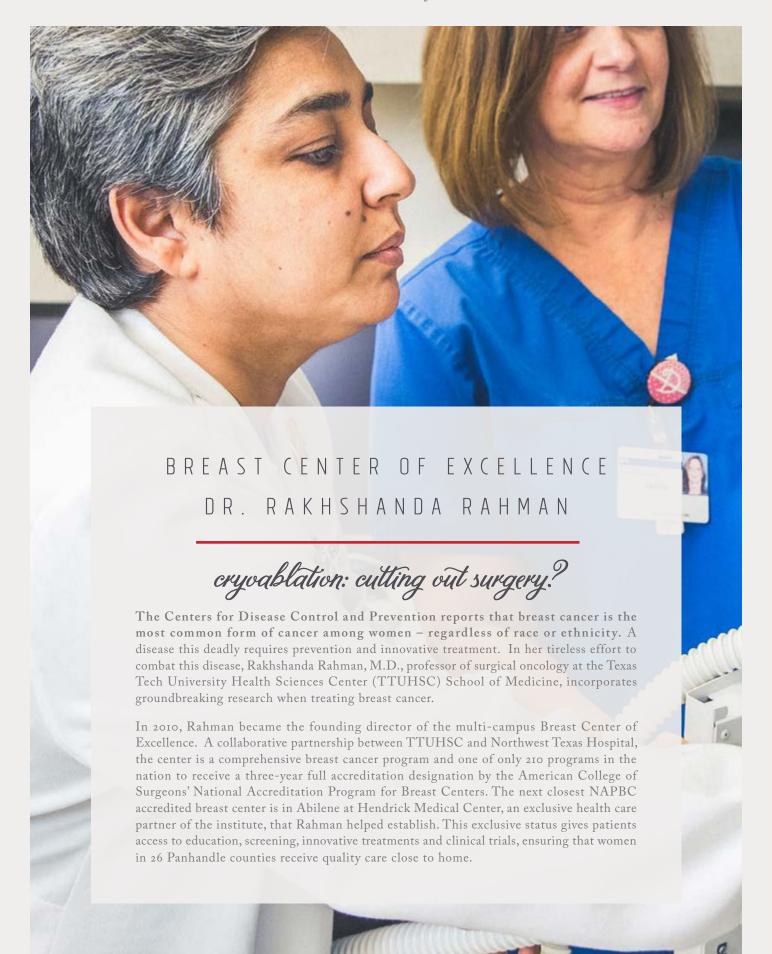
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SAN ANGELO, TEXAS

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*serves as a National Advisory Board Member



When appropriate, Rahman is using a new technique known as cryoablation on benign tumors of the breast. With precision equipment, she inserts a thin wand-like needle directly into a cancerous tumor, which freezes the tumor and kills it. Exciting results are being seen in animals with breast cancers that have spread to other organs.

"When we froze the tumor in the breast and that tumor died, the tumor in the liver died also," Rahman said.

"Eliminating the breast tumor cells may give a boost to the immune system; we are finding it's not just equal to removing the tumor surgically, it may be superior."

Thanks to Rahman, modern treatments like cryoablation are performed in Lubbock and Amarillo.

A wide array of programs within the Breast Center of Excellence meet the needs of patients at every stage from benign disease to high-risk status for cancer to multidisciplinary management of breast cancer. They include Benign Clinic, Comprehensive Postoperative Rehabilitation Program, Multidisciplinary Breast Cancer Clinic, Nurse Navigator, Risk Assessment and Prevention Program and the Survivor Clinic.

As part of TTUHSC, the Breast Center of Excellence also provides a state-of-the-art academic environment for teaching breast care to medical students and a structured, accredited subspecialty fellowship training for advanced level graduates of surgical/gynecology residency programs in Amarillo and Lubbock. In addition, the lay public curriculum for breast health has been chosen by Cancer Prevention and Research Institute of Texas to be replicated throughout Texas.

The center's community outreach specifically targets the unique cultural and socioeconomic milieu of West Texas with interesting programs to raise awareness and provide services to this largely underinsured population through leveraging the CPRIT funding opportunities.

The Breast Center of Excellence was selected as a beneficiary of the Amarillo Power of the Purse luncheon in April.







IN THE LAB

everything is relative

Where in the world can you find two internationally recognized cancer researchers, professors and physicians who collaborate night and day? At the Texas Tech University Health Sciences Center (TTUHSC) School of Pharmacy in Abilene.

Meet Magdalena Karbowniczek, M.D., Ph.D., and Maciej Markiewski, M.D., Ph.D., associate professors in the Immunotherapeutics Department at TTUHSC in Abilene. The two met in the mid 90's when Karbowniczek joined the faculty of the Department of Tumor Pathology in Pomeranian Medical University, Szczecin, Poland, where Markiewski was an instructor. You might say they spoke the same language: anatomic pathology, molecular biology and immunology.

The two physicians married in 1997 and in 2001 left their successful medical careers in Poland to pursue biomedical research in the United States. For nine years, Markiewski worked at the University of Pennsylvania and Karbowniczek at Fox Chase Cancer Center. In 2010, their nationwide search for an ideal position ended at TTUHSC in Abilene. The scientific research opportunities, as well as the friendly people made the decision to move their lives, their work and their young son to Texas a little easier.

Karbowniczek and Markiewski are teaching, researching and publishing very complex scientific research on cancer. A key question in cancer research is how cancer starts, and despite years of studies, it is still largely speculation. Karbowniczek's research team is working to understand how cell proteins and genes interact with each other throughout life, to change a normal cell into the very first cancer cell. As a cancer biologist, she studies the initiation phase, the progression and the cell biology of tumors at the molecular level.



In Markiewski's lab, the focus is on creating immunity to cancer and stopping metastasis, or the spread of cancer cells to other parts of the body. Breast cancer, the leading cancer diagnosis among women in the U.S., is his main area of study. Many patients diagnosed at an early stage, with small tumors, show no evidence of regional lymph node metastases. However, when followed for 10-15 years or more, 25-30 percent have a recurrence of cancer. This high rate is thought to be associated with early spread of breast cancer cells that remain dormant for many years. How and why do these dormant cells receive a message, many years later, which instructs them to activate and grow into tumors?

Markiewski's hypothesis is that these cells, which in health protect from infection, are hijacked by tumors to cause metastasis. This research has the potential to identify new targets for therapies that could lead to protection for tissues in the lungs, liver, bones, brain and skin where breast cancers often spread. This work is supported in part by a 2015 Roi grant from the National Institutes of Health/National Cancer Institute.

At first glance, this husband and wife team seems to have little in common professionally other than their study of cancer. Although their goals are significantly different, they recently discovered that several molecular mechanisms that Karbowniczek studies in cancer cells may also regulate the function of immune cells that fight malignant tumors.

"Although we do not see patients in the U.S., we remain physicians whose main focus is better understanding of human diseases, which we hope will lead to better treatments," said Markiewski.

Karbowniczek and Markiewski will receive grant funding from the Laura W. Bush Institute for Women's Health in 2017-2018.







CPRIT Supdate

HIGH PLAINS

The institute continues to collaborate with the Access to Breast and Cervical Care for West Texas (ABC²4WT) program by providing funding for Pap Smear Days and the most recent HPV Awareness Day. To date, more than 188 women have received services and 30 free HPV vaccines were provided in Amarillo and Hereford. Since 2014, the ABC²4WT personnel have enhanced awareness and effectively helped double vaccinations for HPV. In total, the program has served 5,469 women with free mammograms, pap smears and HPV shots resulting in the detection of 67 breast cancers and the diagnosis and treatment of 25 high risk cervical lesions.

The grant serves the 25 percent uninsured target audience in the top 26 counties of the Texas panhandle – approximately 427,927. The program has increased breast and cervical cancer screenings by 40 percent – averaging 600 mammograms per year. Additional programs implemented by the Breast Center of Excellence, led by project

director Rakhshanda Layeequr Rahman, M.D., include ultrasound guided excision of breast lumps and cryoablation of benign lesions (see Cryoablation: cutting out surgery? article on page 8-9).

Most importantly, the program has leveraged the resources to maximize benefit to the community as seen here:



CONCHO VALLEY

With the second Access to Breast and Cervical Care for West Texas (ABCC₄WT) Cancer Prevention and Research Institute of Texas grant awarded for the Concho Valley, the institute added cervical screening services and expanded the number of counties served. These are primarily rural counties with a large uninsured population. Currently 21 counties covering 25,500 square miles are served. Our Community Health Workers provide education and information about the program and the importance of routine screening every month.

To date, 1,727 women have been served by ABCC₄WT by providing 3,048 breast services and 565 cervical services. Through these services, thirty-nine breast cancers have been detected and one cervical cancer. The number of breast cancers diagnosed for this area is statistically higher than expected and data is being collected to determine the cause for the high occurrence rate.

All women who are diagnosed with breast or cervical cancer through the program are provided with assistance in applying for Texas Breast and Cervical Cancer Services (TBCCS). Women who do not qualify for TBCCS are assisted in obtaining alternate sources of funding including the Laura W. Bush Institute for Women's Health Cancer Treatment Fund.



SEX & GENDER

SPECIFIC health

CARDIOVASCULAR DISEASE MODULE

It's been said that good things come to those who wait, and, for a new curriculum module, this holds true. The unit is an interdisciplinary effort by the Texas Tech University Health Sciences Center (TTUHSC) faculty that showcases experience and education from Schools of Nursing, Pharmacy and Medicine. This new interactive module introduces the learner to the patient and follows their journey through testing, diagnosis and treatment of cardiovascular disease.

"For me, as a gynecologist, one of the hardest things is getting my patients to understand that although we screen for breast cancer, cervical cancer and are worried about ovarian cancer, the majority of them are going to die from heart disease," Co-Executive Director of the Sex and Gender Specific Health Curriculum Robert Casanova, M.D., said. "It's just a really difficult concept because they think of heart disease as a disease of men."

This module relies heavily on the Women's Ischemia Syndrome Evaluation (WISE), a National Heart, Lung and Blood Institute study instituted in 1996 to increase knowledge about heart disease in women. As the learner progresses through the WISE study, he or she discovers that men and women display heart attacks differently - from the affected areas (small arteries in women and large arteries in men) to the symptoms experienced by both sexes. This allows the learner to uncover the facts and bring to light the importance of sex and gender differences in medicine.



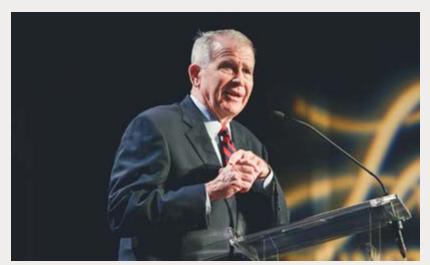
CARDIOVASCULAR DISEASE MODULE TEAM:

- MARNETTE WINNER, MSN, R.N., ASSISTANT PROFESSOR, TTUHSC SCHOOL OF NURSING
- YONDELL MASTEN, R.N., PH.D., WHNP-BC, RNC-OB, PROFESSOR AND ASSOCIATE DEAN FOR OUTCOMES MANAGEMENT & EVALUATION, TTUHSC SCHOOL OF NURSING
- · KELLIE BRUCE, R.N., PH.D., ASSOCIATE PROFESSOR AND FNP PROGRAM DIRECTOR, TTUHSC SCHOOL OF NURSING
- FRANK BABB, M.D., FAAFP; FAMILY MEDICINE CLERKSHIP DIRECTOR, FAMILY MEDICINE PRE-DOCTORAL TEAM DIRECTOR AND ASSOCIATE PROFESSOR, TTUHSC SCHOOL OF MEDICINE
- KALIN CLIFFORD, PHARM.D., ASSISTANT PROFESSOR FOR PHARMACY PRACTICE, TTUHSC SCHOOL OF PHARMACY

Learn more at

W W W . S E X A N D G E N D E R H E A L T H . O R G

SIGNATURE EVENTS













LT. COL. OLIVER NORTH

What would a decorated U.S. Marine and the Laura W. Bush Institute for Women's Health have in common, you might ask? Addressing this at the annual luncheon, Lieutenant Colonel Oliver North, gave a rousing, patriotic presentation. Married to a cancer survivor and having raised two daughters who are nurses, North shared his great appreciation for women's health. Speaking to the audience about situational awareness and showing clips from his world travels with our men and women in the armed services, he regaled guests with stories from his military past as well as from his Fox News show, "War Stories." Not only did North draw a record crowd, he led an impromptu fundraiser, starting with a personal donation to the institute. Proceeds from this event support the Concho Valley community through medical research specific to women's health and sex and gender difference and the institute's community outreach programs.

SPOKEN FROM THE HEART: ABILENE

A CONVERSATION WITH MRS. LAURA BUSH

In April, the institute celebrated their recent office opening with former first lady Laura Bush at the Abilene Convention Center. The dinner featured local talent, the Dyess Air Force Base Honor Guardand Voices of Dyess, a delicious meal catered by Abilene Christian University, and music from the Wylie High School Jazz Band. Following the meal, Mrs. Bush spoke to the audience in a fireside chat, led by Abilene's own Dian Graves Stai. Following updates on her grandchildren, daughters and President George W. Bush's latest book "Portraits of Courage," Mrs. Bush detailed her strong support of the institute and all the good it does for women's health in communities throughout Texas. Through the partnership with Hendrick Health System, proceeds from this event will support the three missions of the institute and serve the Big Country community through research, education and outreach programs in Abilene.

SIGNATURE EVENTS













POWER OF THE PURSE: AMARILLO JOAN LUNDEN

The eighth annual Power of the Purse luncheon and designer purse auction hosted more than 725 guests and featured 120 purses. Award-winning journalist, bestselling author and women's health and wellness advocate Joan Lunden entertained the audience with many "behind the scenes" moments from her 30-year career in broadcast journalism. For nearly two decades, Lunden greeted viewers on Good Morning America, reported from 26 countries, covered five presidents and five Olympics. She also kept Americans up to date on how to care for their homes, their families and their health.

Lunden's positive message on perseverance, optimism and health was applied to her recent diagnosis and treatment for triple negative breast cancer. She encouraged every woman in the audience to "do something," including healthy eating, exercising and cancer screenings.

WOMEN'S HEALTH SYMPOSIUM: DALLAS

STEM CELLS

In the spring, the Dallas contingent of the National Advisory Board hosted the fourth annual Women's Health Symposium. Over 250 women and men were captivated by the fascinating topic of stem cells. Two world leaders in this field, Doris Taylor, Ph.D., from the Texas Heart Institute in Houston, and Jay Schneider, M.D., Ph.D., from University of Texas Southwestern Medical Center in Dallas, discussed medical breakthroughs that are in clinical trials or will be soon. They described new stem cell techniques to repair heart damage, restore muscle function and even grow human organs.

Opening remarks were given by Mrs. Laura Bush who detailed the interesting scope of work the institute is engaged in. Chief Scientific Officer Marjorie Jenkins, M.D., after participating in a panel discussion with Taylor and Schneider, challenged the audience to demand personalized medicine.

WOMEN'S HEALTH SYMPOSIUM: FORT WORTH

KNOWLEDGE IS POWER

Teaming up with the Moncrief Cancer Institute, the Laura W. Bush Institute for Women's Health hosted an exciting luncheon, "Put Medical Innovations to Work for You." With a welcome from National Advisory Board chair Lee Ann White, the program featured TTUHSC gynecological oncologist Sarah Hosford, M.D., who delivered a powerful message on vaccines and early screenings that can prevent cancers or catch them in the earliest stage. Hosford encourages use of the HPV vaccine which she believes prevents certain cancers and can save thousands of lives. Her address was a great early warning for women of every age.

"The Genetic Frontier; What It Can Mean to You" was presented by Keith Argenbright, M.D., director of the Moncrief Cancer Institute and chief of Community Health Sciences at U.T. Southwestern Medical Center. He explained that DNA testing may be the key to restoring health and saving lives. Today's fast and relatively inexpensive genetic testing (genetic sequencing) will turn health care upside down...and women are leading the way.

CAMPUS EVENTS

SAN ANGELO



WOMEN'S HEALTH & GENDER DIFFERENCES HEALTH SYMPOSIUM FOR HEALTH CARE PROFESSIONALS

The institute, in partnership with San Angelo Community Medical Center, hosted the first symposium of its kind with more than 40 health care professionals in attendance. Topics included orthopedics, heart health, sleep, urology, robotic surgery and more. James Maas, Ph.D., who has become an institute favorite, was the keynote speaker and he received raved reviews after speaking on how sleep can improve your life and everyday relationships. Continuing Medical Education credits were provided for the health care professionals attending the symposium. In addition to the health care professionals, this event also attracted Angelo State University faculty and students. An essential part of the Laura W. Bush Institute for Women's Health is to educate medical professionals and future medical professionals on gender differences in health. Through this health symposium, the institute was able to fulfill its mission while also having interesting and intriguing presentations from experts in their fields.

WEST TEXAS HUNGER SUMMIT

More than 120 people attended the fourth annual West Texas Hunger Summit co-sponsored by the Texas Hunger Initiative at Baylor University. This all-day event included professionals from more than 23 counties surrounding the Concho Valley, including education at-risk coordinators and non-profit managers. Topics included, "Hunger as a Health Issue," "Health Consequences of Food Insecurity in Children and Adults," "Nine Principles on Engaging, Connecting, Communicating

and Impacting People Living in Poverty" and a panel discussion that included personal insights from individuals who lead programs and strategic interventions to reduce and eliminate hunger.

Separated into focus groups by county, attendees identified their community's prominent barriers to healthy food which prompted a broader knowledge of the resources available in the county.

RODEO SWEETHEARTS: TATA FOR NOW

More than 135 guests and volunteers attended the final performance of the Rodeo Sweethearts' play, "TaTa for Now!" This was the Sweethearts final farewell as they embarked on a trip to London. The all-new script charmed the audience with their trademark combination of humor and heart. The play was written and directed by Leslie Mayrand, dean of the College of Health and Human Services at Angelo State University, who authored four plays in honor of her sister, who died of breast cancer. Proceeds from the



show benefitted the Laura W. Bush Institute for Women's Health Cancer Treatment Fund, which assists women in need with post-diagnosis treatment for cancer. This year, more than \$12,000 was raised during this event to make a difference in the lives of these women.

EAT WITH THE EXPERT: ART OF HEART

By popular demand, this one night event grew to two! The institute hosted two evenings of fun, painting, socializing and heart health tips that will last a lifetime. Both events were sold out and had more than 30 people on a wait list. Members of the Community Medical Associates' Heart Team, including Jack Sun, D.O., and Michael Blanc, M.D., shared heart tips as the attendees painted their very own masterpiece. Many look at heart disease as a "man's disease" but it is the leading cause of death and disability among women. Spreading critical information about heart disease was only one of the benefits from this evening.



LUBBO(K

WOMEN'S NIGHT AT THE REC

Where can a girl try out the latest gym equipment or scoot up a climbing wall without feeling intimidated? She can at the annual Women's Night at the Rec, of course! With more than double the attendance from last year, this evening, open to all female students, staff and faculty, was a great success! This free event was a night



of inclusive and healthy fun for 1,200 women of the Texas Tech University System community. The evening's goal was to educate and empower women on issues surrounding mental health, physical

health and self-care through health workshops, exercise classes, climbing and bouldering, nutrition and exercise tips, giveaways, food, prizes and more. This was also an opportunity for the TTUHSC medical



students to get hands on training collecting data from willing participants. Given the incredible turnout this year, this event has rooted itself as a must-do annual event for our female TTUS population.

INTEGRATIVE MEDICINE SYMPOSIUM

In partnership with the Office of Interprofessional Education, the institute co-sponsored this novel symposium on "Mind-Body Wellness: the Science, Art and Practices." The novel integration of complementary health domains,



featured keynote speakers Alejandra Carrasco, M.D., and Eric Ehle, M.D., who presented "Blossom from the Outside: Eight Guiding Principles to Health and Wellness" and "Integrative Medicine: It's Not Alternative Anymore," respectively. The day wrapped up with a panel discussion by notable TTUHSC and TTU faculty who presented a dynamic conversation between researcher, practitioner and health care provider about mind-body with John Pelley, Ph.D., Sharmila Dissanaike, M.D., Yi-Yuan Tang, Ph.D., and David Trotter, Ph.D.. More than 150 TTUHSC students, faculty and staff spent the day with various speakers and demonstrations. Topics and exhibitions included reflexology, healing power of therapy dogs, yoga therapy, dry needling and introductions to reiki, cupping and acupuncture.



AMARILLO

DAY OF THE WOMAN

How important is sleep? Critical, according to Sleep for Success CEO James B. Maas, Ph.D., a leading authority on sleep and performance. More than 200 Amarillo women attended the

evening event in February to learn more about how to "Wake up to a Better You." As Maas explained, the quality of one's night determines the productivity and



mood of the following day. To be smarter, happier and healthier, getting seven to nine hours of sleep each night must be a priority. Offering advice on everything from room temperature to pillow and mattress quality, Maas left the audience with practical instructions. Interestingly, he pointed out that children and teens need help because most are seriously sleep deprived. Following Maas, Joanna Wilson, D.O., an internal medicine physician for HerCare, shared the physician's perspective and how to talk to your doctor about your sleep. She reported that a majority of her patients experience sleep difficulties due to factors such as young children, hormonal changes and jobs outside the home. These often reduce sleep to just a few hours per night, making it difficult for patients to have energy and stamina during the day. Maas says catching up is not possible and "missed sleep is missed opportunity."



LUNCH & LEARN

Kicking off the first in a three-part series, "For Goodness Sake, Run, Jump and Shake!" focused on physical health and brought in more than 150 guests. Partnering with Amarillo National Bank and Center City of Amarillo, the institute brought in Suzi McKee, a fitness expert at Live Well Fit, to inspire the audience. McKee gave advice on staying active but not overdoing it – you don't want to have to quit before you reach your goal. Resistant



to exercise? That's no excuse now, as she explained that even activities from your childhood can be good for you. Run, play sports, dance, hula hoop . . . whatever gets you moving! Pick something fun and just do something.

The annual series, entitled "Loving Yourself: Mind, Body and Soul," will focus on physical, nutritional and emotional health.

For each event in the series, the institute selects a local non-profit to feature and guests are invited to make a donation, which is matched by the institute. This first lunch raised nearly \$1,500 for Family Support Services.



LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS

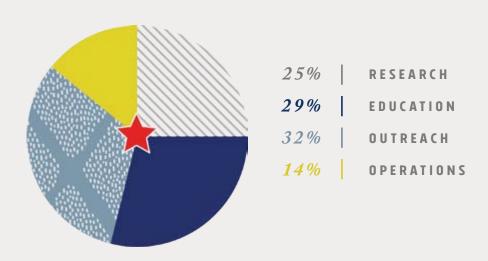


SERVICE AREAS

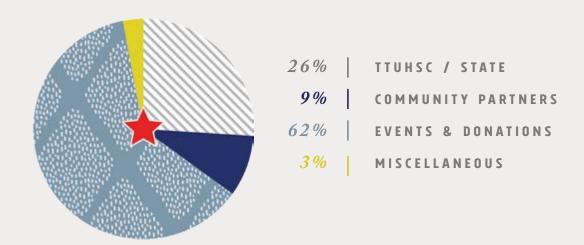
Abilene · Amarillo · Corpus Christi · Dallas · Fort Worth · Lubbock · Permian Basin · San Angelo

FINANCIALS

FISCAL YEAR 2016 EXPENSES



FISCAL YEAR 2016 REVENUE





LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH

We are pleased to recognize and thank those who made gifts between January 1 and December 31 of 2016.

VISIONARY

\$100,000 AND ABOVE

PlainsCapital Corporation San Angelo Community Medical Center University Medical Center Foundation

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