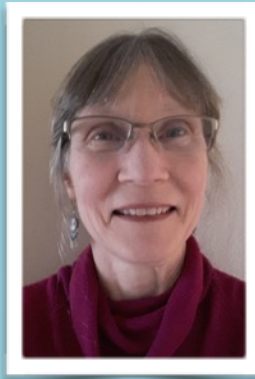


FEB
16

BPW/WA proudly presents: *"A Health Symposium"* with a Keynote Speaker unveiling information that all of us need to know and use. JOIN US for an extremely educational day.



Stop the Bleed – will be presented by **Mary Jo Kintner, MD**, a retired Family Physician and volunteer for the Disaster Medicine Project (DMP). The DMP, based in Edmonds, was organized for the purpose of educating, and collaborating with multiple partner organizations in our communities and State with the goal of attaining a high level of Whole Community Preparedness. The DMP volunteers have been teaching classes on "You are the Help until Help Arrives" and "Stop the Bleed" all over the I-5

corridor over the last year and participate in Disaster Exercises in Western Washington, with hospitals, clinics, churches and other community organizations.

Dr. Kintner will include information on why we need bystanders, friends, and neighbors to be "immediate" responders and what they can do to save lives in a disaster or major emergency: staying safe, taking charge, calling 911, recognizing life threatening bleeding, empowering and equipping them to treat severe bleeding and irreversible shock. She will also encourage us to develop Disaster Plans for both home and office and will demonstrate several different kinds of tourniquets. This will be a very educational presentation and a "must know" for everyone.



WASHINGTON STATE
BUSINESS AND PROFESSIONAL WOMEN

Winter Board of Directors Meeting

YWCA Family Village, Issaquah
930 NE High Street, Suite 101, Issaquah WA 98029



Embrace New Possibilities



Registration: 8:30 AM
Meeting Begins: 9 AM
Business Meeting: 9 AM - 12 PM
Lunch served at Noon
Keynote Speaker: 1 - 3 PM
Meeting Ends: 3 PM

You MUST Pre-Register for this event.
Go to: **BPWWA.ORG** to obtain a
Registration Form and more detailed
information.

Pay via Eventbrite at:

<https://www.eventbrite.com/e/bpw-wa-winter-board-of-directors-meeting-tickets-54976306613>

or via check to the Registration Chair with
your form and lunch selection. All who
register must send in a Registration form.