

# Ageless Intimacy and Aging Gracefully

Saturday, March 23  
8 – 11:30 a.m.



Join Hoag for Her and the Huntington Beach Senior Center in Central Park for a special event focused on women.

A panel of experts will share insight and information for women to achieve optimal intimacy, wellness, and fitness.

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8 – 9 a.m.

**Breakfast & Mini Stress Relief Sessions**

9 – 11:30 a.m.

**Panel and Q&A**

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To register, please call the Huntington Beach Senior Center in Central Park at 714-536-5600. Reference class number 153397-5A.

## Moderator



**Heather Macdonald, MD, FACOG**

Board Certified OB-GYN, fellowship trained breast surgeon and Medical Director of the Hoag Breast & Ovarian Cancer Prevention Program

## Panelists



**Stephanie J. Buehler, MPW, PsyD, CST-S**

Licensed Psychologist and AASECT - Certified Sex Therapist



**Nicole Ervin, BS, CPT**

Certified Personal Trainer and Nutritionist, Fitness Coach



**Raymond Chan, M.D.**

Hoag Medical Group  
Board Certified Family Medicine and Geriatrics