



Women's Health Conversations

with Dr. Tereza Hubkova

Learn how to stay healthy and vibrant at midlife. Join Tereza Hubkova, MD, for an interactive educational program and a unique opportunity to ask questions you might have related to each week's topic and beyond.

Mondays, July 13, July 20, July 27 and Aug. 3

5:30 to 6:30 pm | Zoom webinar (link will be sent prior to event)

\$15/session

Guests are welcome to attend any or all sessions.

Register online at adventhealthkc.com/events or by calling 913-676-7777, option 2.

July 13 – Weight Loss and Weight Maintenance in the 21st Century

Before giving up on your weight-loss goals entirely, consider whether you just need to change your approach. Learn how to determine your optimal weight and how to maintain it. We will also discuss 11 key aspects to successful weight maintenance and common weight loss strategies and pitfalls.

July 20 – How to Lower the Risk of Dementia

Some changes, like needing bifocals to read the newspaper, are perfectly normal as our eyes age. And as our brains age, it's normal to briefly forget the day of the week or struggle a bit to find the right word. For some people, changes in their brain's ability to function as it used to may signal the onset of a dementia-related illness such as Alzheimer's disease. Learn what lifestyle choices can lower our risk of dementia and common contributing factors to dementia, including Alzheimer's.

July 27 – Herbs for Immunity and Times of Stress

In this lecture you will learn about a few herbs that support a healthy immune system and adaptogens that help us deal with stress, fatigue and burnout.

Aug. 3 – Healthy Gut – Healthy You

Did you know that 70 percent of the body's immune system and gut microbiota plays a major role in immune health? Poor gut health is not only linked to gastrointestinal problems but may play a role in the management of serious diseases. Learn common digestive disorders and the importance of the gut microbiome and its connection to immune and brain health.

About Dr. Hubkova



As an integrative medicine physician, Tereza Hubkova, MD, approaches health care in an exceptionally individualized way. With a background in internal medicine, she has dedicated more than two decades to studying a variety of healing tools, from nutritional medicine and functional medicine to the principles of Chinese medicine and Western herbalism. Before joining AdventHealth in 2019, Dr. Hubkova spent 11 years caring for a diverse set of high-profile clients at Canyon Ranch, a renowned integrative health center in Massachusetts.

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