



The Medical Society Alliance Foundation started a new series of gatherings focusing on women's interests. This past spring we hosted our first session. Gals met at a private home to paint rocks with positive affirmation messages on them, to later be set out on a local hike for other hikers to see and pick up. We also enjoyed mocktails, wine, shopping for new clothes and heard from speaker Kellye Campbell, ARNP on wellness practices she uses in her clinic. Please see photos included here from the past event!

Future gatherings will entail speakers or workshops on depression, eating disorders, nutrition specialist, cooking classes, menopause, heart disease, diabetes, mental health, breast cancer, children, volunteering in our community and gynecological concerns such as cervical cancer, STD's and UTI's.



## **Women's Autumn Event: Paint, Sip, Shop & Talk!**

**When:** Saturday October 19th - 3pm -5pm

**Where:** The Doctors Clinic Cavalon Place: 2011 NW Myhre Rd STE 202, Silverdale, WA 98383

**Who is Invited:** Female members of KCMS including your sisters, moms and your teenage daughters/friends

**What:** Informative talk on ADD & ADHD, painting of mini pumpkins, food, drinks and shopping for fall wear! High-end garments new with their tags and gently used formal wear and Halloween costumes. If you have gowns, costumes or new clothing with the tags still on, that you'd like to donate, please message Rebecca at 360.689.2928 orkcmsmed@gmail.com. All sales benefit event cost to keep the event free for members.

**Cost:** \$20/Adults \$10/Teens – Includes raffle, beverages, food and mini pumpkin to paint!

**Guest Speaker:** Narinder Dhaliwal, PhD

Thank You to our In-Kind Sponsor for the use of their facility!

