



What's Eating You? *A Discussion on Stress and Obesity*

Tuesday, March 6, 2007
at the Schomburg Center

Introduction

**Dr. Olajide Williams, Neurologist at Harlem Hospital/Columbia University
and CHHR Co-Chair**

Beating Stress through Body, Mind & Spirit
Pastor to be announced

Overweight and Managing your Emotions
Dr. Cynthia Grace, Psychologist, Harlem Hospital

Stress, Obesity, and Sexuality
*Dr. Hilda Hutcherson, Assistant Clinical Professor of Obstetrics and
Gynecology, Columbia University Medical Center*

This is a discussion for people 18 years of age and older
Partially funded by the New York City Council, Office of Inez Dickens

About Tonight's Speakers

Dr. Cynthia Grace

Dr. Cynthia Grace has had a varied and successful career as a Psychologist and Organizational Consultant. She holds two doctoral degrees; one in Counseling and Organizational Psychology from Columbia University and the other in Clinical Psychology from the Graduate Center, CUNY. For more than two decades she has taught graduate and undergraduate courses in Psychology and was the first African-American Woman to chair the Psychology Department at City College, CUNY. As an Organizational Psychologist and Consultant, Dr. Grace has served as a Clinical Consultant, and provided organizational development, role consultation/coaching, and training in corporations, non-profit organizations and university settings. At present, Dr. Grace is an independent consultant and provides clinical services to adults, adolescents, and families. She also uses her wealth of knowledge about holistic health practices to develop wellness programs for corporations and non-profit organizations. In the last decade and a half, Dr. Grace has researched and published several articles and book chapters about racial identity and clinical work, and teaching and working in multicultural environments.

Dr. Hilda Hutcherson

Dr. Hilda Hutcherson received her undergraduate degree from Stanford University and her medical degree from Harvard Medical School. Dr. Hutcherson is presently an Assistant Clinical Professor of Obstetrics and Gynecology and Associate Dean for Diversity and Minority Affairs at Columbia University Medical Center. As director of the Center for Women's Sexual Health, she educates women about their bodies and sexuality. Her devotion to women's empowerment and education is further supported by her monthly sexual health columns in *Essence Magazine* and *Glamour Magazine*. Dr. Hutcherson has been quoted in numerous magazines and has appeared on a variety of national talk, morning, and news programs. Dr. Hutcherson is the author of 3 books: *Having Your Baby: A guide for African American women* and *What Your Mother Never Told You About Sex and Pleasure: A Woman's Guide to Getting the Sex you want Need and Deserve*. *Black Enterprise Magazine* recently named her as one of America's Leading Physicians and she is included in the Top Doctors in New York and the *Best Doctors in America 2005-2006* database.

For more information about the CHHR health events in the Harlem Community, please visit www.centralharlemhealthrevival.org

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