

**FOR IMMEDIATE RELEASE:**

March 12, 2009

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**Waterbury Hospital's 18<sup>th</sup> Annual TGIF (Thank God I'm Female)  
Slated For May 8**

*Event hosted by WFSB Channel 3 TV personalities Scot Haney and Teresa LaBarbera  
to Benefit The Children's Behavioral Health Program*

**WATERBURY** – Women's health and wellness issues will be the focus of Waterbury Hospital's annual TGIF (Thank God I'm Female) women's wellness forum on Friday, May 8, at the Villa Rosa Wedding & Banquet Facility in Waterbury. The event, which has been sold out nearly every year since its inception, will be hosted by popular Connecticut TV personalities Scot Haney and Teresa LaBarbera of WFSB Channel 3 TV.

Proceeds from TGIF will benefit The Children's Behavioral Health Program at Waterbury Hospital. The outpatient program cares for children, mostly between the ages of 10 and 12, who struggle with moderate to severe psychiatric and behavioral issues. More than 200 children and families have benefited from the program since it started 10 years ago.

The event's keynote address will be delivered by Adriana Blanco, MD, a board-certified rheumatologist and ISCD certified bone densitometrist affiliated with Waterbury Hospital. Her presentation, entitled "*From Head to Toe... What You Need to Know About Osteoporosis,*" will advise women on the best ways to prevent osteoporosis and treat it once it has been diagnosed.

Dr. Blanco is a Clinical Instructor at Yale University School of Medicine and a partner at Rheumatology Associates of Greater Waterbury.

Also on hand during the forum will be physical therapists from Access Rehab Centers, who will be demonstrating exercises that foster good bone health. Access Rehab Centers is a member of the Greater Waterbury Health Network, part of the Waterbury Hospital family of health services.

For more information on TGIF or to learn more about sponsorship opportunities, please call the hospital's Fund Development Office at (203) 573-7691.

*Waterbury Hospital is the largest private employer in the Greater Waterbury region, and serves a vital role in the economic vitality of Western Connecticut. It is a private, non-profit acute care teaching hospital licensed for 367 beds and affiliated with the Yale School of Medicine, the University of Connecticut School of Medicine and Connecticut Children's Medical Center. Founded in 1890 as Waterbury's first and Connecticut's fourth hospital, Waterbury Hospital is a full-service community health-care institution with centers of excellence in primary care, behavioral health and orthopaedics.*

