



# W WOMEN'S NETWORK

MARTINSBURG-BERKELEY COUNTY CHAMBER OF COMMERCE  
JEFFERSON COUNTY CHAMBER OF COMMERCE

presents



# WELLNESS SERIES

Wednesday  
September 13

## Tackling Anxiety in Today's Society

Valerie Gorman, LSW

WVU Medicine  
Berkeley Medical Center

Wednesday  
October 11

## Eat Good, Feel Good: Healthy Lunches at Work

Joan Starliper, MS, RD, LD

WVU Medicine  
Berkeley Medical Center

Wednesday  
November 29

## Doc Talk: Navigating Your Medical Journey

Dr. Emma  
Morton-Eggleston

WVU Medicine  
Center for Diabetes &  
Metabolic Health



Noon to 1:00 PM  
Shepherd University Martinsburg Center  
261 Aikens Center

FREE\* - Bring Your Own Lunch & Drink  
Registration is required.

Contact 304.267.4841 or [chamber@berkeleycounty.org](mailto:chamber@berkeleycounty.org).

Sponsored in-part by: The Wellness Center @ Berkeley Medical Center

