



4th Annual Seasoned Women's Health Summit

PROJECT NANA, INC.

Educate a Nana.
Educate a Family.
Educate a Community.

Website www.projectnana.org

Email info@projectnana.org



Educate | Advocate | Engage | Transform
The Health & Quality of Life of "Seasoned" Women

By 2030 Endometrial Cancer will Displace Colorectal as the Third Deadliest Cancer Amongst Women

Women's Health is often limited to reproductive, sexual, and maternal health amongst women of childbearing age, and discounts the needs and experiences of individuals at the intersections of age, gender, ability, and desire. Within a male-centric healthcare system, the movement toward reducing the nuances surrounding postmenopausal gynecologic health requires that we amplify the voices and experiences of "seasoned" women, rebuilding trust between women and clinicians, and promoting advocacy and self-efficacy. Through a collaborative and inclusive methodology, Project Nana engages women during MONTH 13, entering the postmenopausal stage as active participants and co-creators of their healthcare journey.

Endometrial cancer is the most common gynecologic cancer in the United States, with cases and mortality rates rising steadily. In 2025, an estimated 69,120 new cases and 13,860 deaths are expected. While the disease primarily affects postmenopausal women, 12% of cases now occur in younger, premenopausal patients. Mortality has increased by nearly 1.7% annually, driven in part by rising obesity rates, delayed diagnoses, and disparities in care—particularly among Black women.

To understand Project Nana is to understand that women in MONTH 13 are the largest, least-served, and most medically misunderstood demographic in America.

Project Nana emerged as a reckoning, a reclamation, and a redesign of how America understands, teaches, and cares for women in the postmenopausal stage—what we now name MONTH 13 and beyond. The movement is rooted in the belief that aging women hold knowledge, history, stories, and wisdom that medicine has ignored. It recognizes that they deserve more than fragmented care and more than tolerance. They deserve a healthcare system that sees them, respects them, and learns from them.

For decades, menopause has been treated as a mystery and a punchline—something to joke about, fear, or endure silently. Worse, it has been misunderstood even by clinicians. Women have been taught incorrectly that:

- menopause “lasts for years,”
- that symptoms years afterward are “normal aging,”
- that bleeding after menopause is “nothing to worry about,”
- that sexual discomfort is just the cost of getting older,
- that seasoned women don’t get STIs,
- and that health changes in their 50s, 60s, and 70s are disconnected from hormonal transition.

Each of these myths has cost women their lives.

Menopause is not a decade-long ordeal.

It is a 12-month period without a cycle, and MONTH 13 is the beginning of postmenopause. It is in postmenopause—not menopause itself—where disease risks escalate, diagnostic errors multiply, and many women lose their lives to preventable or delayed-diagnosed conditions like endometrial cancer.

The old narrative—Discomfort → Diagnosis → Disease—has harmed millions.

Project Nana reverses it.

Through education, research, training, and community leadership, the new paradigm becomes:

MONTH 13 → Preparedness → Prevention → Early Detection → Lifelong Wellness

MONTH 13 refers to the stage of life that begins after a woman has gone twelve months without a menstrual period. It names and defines life after menopause as a distinct phase, recognizing that menopause is a milestone—not the end of the journey—and that women in MONTH 13 and beyond have unique health, wellness, and prevention needs.

Transforming the Lives of *Seasoned Women*

Project Nana, Inc. is a tax-exempt 501c3 nonprofit public health organization that seeks to promote awareness of the need for, improve perceptions of, and increase the consistency of gynecologic screenings in post-menopausal seasoned women. Our goal is to reduce the number of new late-stage diagnoses of gynecologic cancers and sexually transmitted infections (STIs) among seasoned women, and to improve their overall quality of life. There is a need to amplify voices surrounding nuanced discussions on gynecologic health, and we support seasoned women by making certain they are educated about continuing gynecologic healthcare. Project Nana is committed to this mission through the provision of a variety of services and programs including “Nana Chats”, “Conversations from the Porch”, “Knowledge is Power” video series, clinician training, resource referrals, research, peer advocate training, and advocacy work. As we are living longer, we must dispel notions that postmenopausal women should be hidden in shadows and have diminished value and utility starting at MONTH 13. We have been privileged to join with clinicians, educators, and advocates to deliver programs to highlight the need for clinician-expressed empathy as a component in positive patient experiences and improved health outcomes for seasoned women. Utilizing the “Project Nana Model”, we are able to assess the attitudes, knowledge, and beliefs of postmenopausal women’s gynecologic health, within the context of holistic well-being. The innovative framework of Project Nana, combines qualitative research, community engagement, and healthcare advocacy to amplify the narratives of postmenopausal women. By humanizing their experiences, challenges, and needs, Project Nana aims to bridge the gap between healthcare clinicians, researchers, and the communities they serve, fostering trust and understanding.



Mission



Project Nana, Inc. is a nonprofit organization dedicated to reframing aging women’s health through education, research, and policy. We focus on advancing health equity for entering and thriving through MONTH 13, also known as the postmenopausal period—whom we proudly call Seasoned Women—by addressing gaps in care, awareness, and advocacy. Through community-driven programs, clinical training, and evidence-based initiatives, our mission is to reduce late-stage diagnoses of gynecologic cancers and improve health outcomes and quality of life for women as they age.



About The Event

During Grandparents Weekend in September, Project Nana is excited to host the Seasoned Women's Health Summit, a fun and powerful event made for post-menopausal women. This special gathering is all about learning, sharing, and lifting each other up. The Summit includes a variety of activities, like Peer Support Advocate Training and easy-to-follow workshops on menopause and gynecologic health. One of the highlights is the Creative Healing & Writing 'Workshop, where women create their own "Nanalogues", personal stories or art, that share their life journeys and give voice to seasoned women everywhere.

The Summit ends with the Walk to End Breast & Gynecologic Cancers, a lively event that brings the whole community together. During the walk, women will show off their Nanalogues and speak out with strong, beautiful messages to raise awareness, stand up for fairness in health care, and celebrate the strength of seasoned women.

"The most important thing that I leared is to be proactive in taking care of my health and advocating for myself and the women in my family"

Event Highlights

Social Networking & Empowerment

Gynecologic Health Education & Peer Support Advocacy Training

Creative Healing & Writing Workshop

Mammography Screening & The Walk to End Breast and Gynecologic Cancers

Participant Workshop

FRIDAY 09.12.25

7:30AM

Summit Registration and Breakfast

ROOM 5

First Time Participants:

Please Complete the Pre- workshop Survey

In order to measure the impact of the educational workshop, we request that first-time summit participants complete the pre-workshop survey assessing current understanding of gynecologic health, well-being, and cancer prevention

9:30AM

Summit Welcome and Overview of Day 1

9:45AM

The Vagina Dialogue: Women's Health & Wellness Panel Pt 1

Our education workshop offers expert-led, peer-reviewed content on **gynecologic health, primary care, and gynecologic cancers**, providing evidence-based insights, practical tools, and interactive discussions to support informed health decisions and lifelong wellness.

LUNCH 11:45 AM

12:30PM

The Vagina Dialogue: Women's Health & Wellness Panel Pt 2

Following lunch, educational presentations will continue, concluding with the following topics and a post-workshop survey:

- Pelvic Health
- Sexual Health

BREAK 2:00PM

Participants will have the option to return to the hotel during the break period or stay onsite participating in activities and further engagement with Project Nana. Transportation will be provided to and from the hotel. **Transportation back to the summit at 3:45PM**

DINNER 4:00PM- CONFERENCE HALL

5:30PM

Hello Queens: The Power of Her Presence- Value, Voice, & Visibility

During this creative healing and writing workshop, Nanas share their experiences, reflect on their journeys, and write personal stories or "Nanalogues". This segment celebrates seasoned women, empowering them through reflective dialogue, and mindfulness to reclaim their voice, value, and visibility, while affirming that aging is a strength.

8:00 PM

Conclusion of Day 1; Transportation Back to the Archer Hotel

Introductory Peer Support Advocate & Clinician Training

SATURDAY 09.13.25

7:30AM

Breakfast & Registration

CONFERENCE HALL

8:15AM

Welcome

Gwendolyn Williams, MD

Internal Medicine Hospitalist, VCU Medical Center

8:30AM

Introductory Peer Support Advocate Training Pt 1

With our partners at the Virginia Commonwealth University Massey Cancer Community Champions Program, participants will learn about cancer advocacy through a fun, engaging and interactive method.

Topics will include:

- Gynecologic Health
- Cancer Basics
- Health Literacy

- Clinical Trials & Research
- Talking about Cancer
- Advocacy



Katelyn Schifano, MS, CHES

CONCURRENTLY- CLINICIAN TRAINING

8:15AM

Welcome

ROOM 3

Vanessa Hill, MFA, MPH, PMP

Founder & Executive Director, Project Nana, Inc.

Larry Maxwell, MD

President, Women's Services, Inova Health

8:30AM

EMPATH (Engaging Medical Professionals in Aging, Trust, & Health Equity) Clinician Training: Centering the Seasoned Experience!

This interactive session equips clinicians with the tools to provide equitable, respectful gynecologic and sexual health care for postmenopausal women, focusing on key issues like Invisible Women's Syndrome, gynecologic cancers, and unconscious bias, while promoting a holistic, humanizing approach to care.

BREAK 10:20AM

EMPATH CLINICIAN TRAINING



Engaging Medical Professionals in Aging, Trust, and Health Equity: Centering the Seasoned Experience

Objectives

1

Explore how current social dynamics affect postmenopausal women's health decisions.

2

Develop effective communication techniques to strengthen relationships with aging women patients.

3

Learn to recognize and mitigate factors that can impact the quality of care for aging women.

Training Instructors

ROOM 3



Vanessa Hill, MFA, MPH, PMP
*Founder & Executive Director,
Project Nana, Inc.*



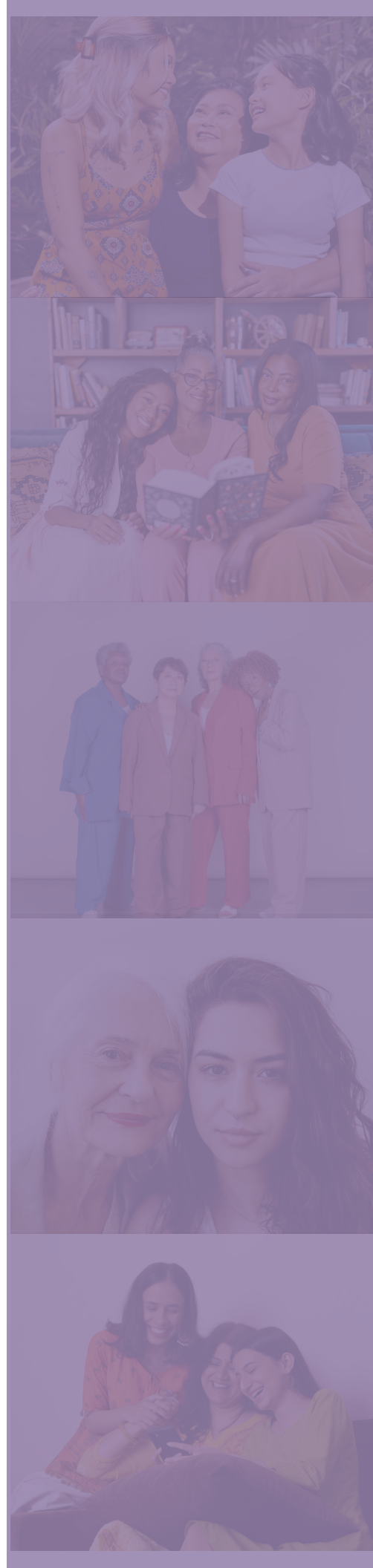
Dr. Nita Lee, MD, MPH
*Associate Professor of Obstetrics and Gynecology
Associate Director, University of Chicago
Comprehensive Cancer Center Community
Outreach and Engagement*



Dr. Cynthia Romero, MD, FAAFP
*Director, M. Foscue Brock Institute for
Community and Global Health*



Dr. Gwendolyn Williams, MD
*Internal Medicine Hospitalist
VCU Medical Center*





Interactive Session

SATURDAY 09.13.25

CONFERENCE HALL

10:45AM

Team Up for Health: Women & Clinicians on the Decision- Making Mission

Empathy-building discussions: Facilitate group discussions and reflective practices to explore different perspectives, fostering a deeper understanding of patients' experiences and feelings..

11:30AM

Navigating Financial Health after 50

This session helps participants build confidence and understanding around financial well-being as they age, recognizing its critical role in overall health care. Topics include practical budgeting strategies, ways to maximize available resources, and managing costs when facing serious diagnoses such as cancer.

12:00PM

Humanizing the Clinical Experience

The Patient Voice- A Case Study

LUNCH 1:00PM

2:15PM

Peer Support Advocate Training Pt 2: Community Conversations & Advocacy

Newly trained peer support advocates will apply their skills through one-on-one conversations with health professionals, building confidence, deepening understanding, and fostering collaborative relationships to support whole-person care.

3:00PM

Poster Making for the National Walk to End Women's Cancer's

CONCLUSION OF DAY 2

The National Walk to End Women's Cancers

SUNDAY 09.14.25

7:00AM

Breakfast

Continental breakfast available at the Archer Hotel

TRANSPORTATION TO THE WALK 7:45AM

Race Schedule

7:30AM

Check-in & On-site Registration

8:45AM

Pre-Race Program

9:15AM

Race Warm-Up

9:30AM

1 Mile Route Begins

10:30AM

Post-Race Program

~12:00PM

Celebration Activities End

TRANSPORTATION BACK TO HOTEL 12:15PM

Thank- You to Our Partners



Sentara



Join Us!

Tee-Up to End Women's Cancers Golf Tournament



Join the Hampton Roads Chapter of Project Nana for the 'Tee Up to End Women's Cancers' Golf Tournament! Swing for a cause as we raise awareness for gynecologic cancers. Whether you're an avid golfer or a casual player, your participation will make a difference in the fight against gynecologic cancers. Enjoy a day of golf, great company, and the chance to support a life-changing cause. Let's tee off for a future free of women's cancers!

WHEN

Saturday, November 8th, 2025
7:00AM – 2:00PM

WHERE

The Woodlands Golf Course
9 Woodland Road,
Hampton, VA 23663

Awards Gala

Join us for a powerful evening of recognition and celebration as we honor the voices, resilience, and advocacy of women across generations. This year, we proudly present the 2nd Annual Gwen Ifill Seasoned Women's Champion Award, celebrating leadership and legacy, and the Vanessa Turner Warrior Spirit Award, honoring strength, courage, and unwavering light. It will be a night of inspiration, storytelling, and sisterhood uplifting those who champion health equity, dignity, and empowerment for all women.

THIS YEAR'S AWARD PRESENTATIONS



2nd Annual Gwen Ifill Seasoned Women's Champion Award



Vanessa Turner Warrior Spirit Award

WHEN

Friday, November 7th, 2025
6:00PM – 8:30PM

WHERE

Taste 'N' See at the Murray Center
455 E Brambleton Ave,
Norfolk, VA 23510



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Contact

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