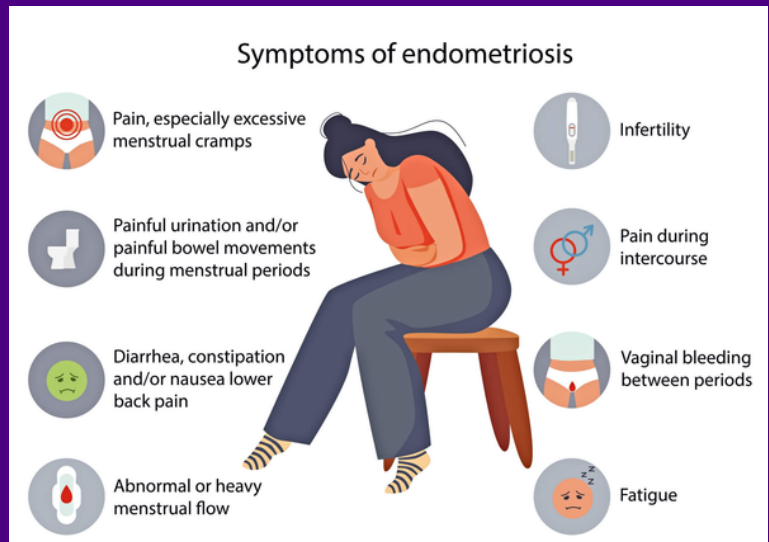


# GOLDEN EXPERIENCES

## MONTHLY HEALTH TOPIC:

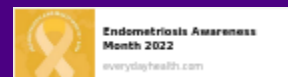
# Endometriosis

## WOMENS HEALTH AWARENESS



<https://www.actycore.com/blog/understanding-endometriosis-more-than-just-painful-periods>

- Endometriosis, often referred to as “endo,” is a condition that happens when tissue similar to the lining of a woman’s uterus (womb) grows outside of the uterus, according to the Office on Women's Health. It can cause painful periods, pain during sex, irregular bleeding, digestive problems, infertility, and other symptoms, notes Mayo Clinic.
- Endometriosis affects about 200 million women worldwide and about 1 out of every 10 women in the United States. Yet the disease is often misdiagnosed or missed altogether, says the Endometriosis Foundation of America (EndoFound). Lack of education and public awareness is part of the reason that endometriosis goes undetected.



# PEOPLE UPDATE

## GEA SPOTLIGHT “



**BARBARA GAYNOR**  
BSN , RN, LNC BCPA

Barbara Gaynor is a legal nurse consultant, patient advocate and speaker. She leverages her expertise to assist patients. She has always had a passion to give advice which led to establishing - Braddock Consulting & Advocacy LLC.

She has been volunteering with Golden Experiences for about a year, she serves as a mentor to GEx clients most of whom are going through financial challenges.

Ms. Gaynor empowers her mentees with resources to lead healthy and positive lifestyles.

Feedback from one of her mentees – “The mentoring has been great, I love Barbara she really helps me get through tough times.” – Ms. S.A

We are grateful to have Barbara as a Golden Experiences Ambassador (GEA).

To learn more about Barbara - [www.braddockconsultingadvocacy.com](http://www.braddockconsultingadvocacy.com)

## GOLDEN EXPERIENCE STORIES”

"I want to thank Golden Experiences for all their help over the past 3 months. Without them, I don't know how I would've made it through the end of the year. I am a young single mom just trying to make ends meet each month and Golden Experiences really opened a pathway for our success.

The Walmart grocery store gift cards made it possible for me to keep food on the table for my two daughters.

Not only did they help me with groceries they assigned me a mentor who has gotten me through my toughest moments. She has filled me with so much wisdom and shares the word of God on every call. Golden Experiences is truly a blessing to our family & we truly appreciate Grace for all she does for us & others."

Ms. A

# Positive Affirmations

“ I think beauty comes from within. If you're happy and look at life in the best way you can, even when there are problems, it can make you beautiful on the outside.”-Faith Hill

**GOLDEN EXPERIENCES PRESENTS**

**IMPROVE SLEEP IMPROVE YOU!**

**PRESENTATION HIGHLIGHTS:**

- SLEEP AND HEALTH
- STRATEGIES TO GETTING YOUR BEST REST
- IDENTIFYING SLEEP DISORDERS AND TREATMENT

**Katrina Warren**  
Registered Sleep Technologist and Educator

World Sleep Day - Friday, March 17, 2023  
Time - 6pm  
Location - Zoom; register via link

**WE APPRECIATE OUR SPONSORS/ PARTNERS**

**Click the link below to follow us on social media & to register for events**



[https://linktr.ee/golden\\_experiences](https://linktr.ee/golden_experiences)