

News Release

FOR IMMEDIATE RELEASE

Thursday, Jan. 26, 2023

CONTACT: Meaghan Collier, meaghan.collier@ttuhsc.edu
(806) 681-6274

Laura W. Bush Institute for Women's Health to Host Day of the Woman

The [Laura W. Bush Institute for Women's Health](#) at [Texas Tech University Health Sciences Center](#) (TTUHSC) will host its annual Day of the Woman event from 5:30 to 8 p.m. Tuesday, Feb. 7 at the Amarillo Civic Center Grand Plaza, located at 401 South Buchanan Street. The event will feature a presentation from Deborah Clegg, Ph.D., vice president for research at Texas Tech University Health Sciences Center El Paso, and Jentry Williams, DPT, owner and founder of Re-form Physical Therapy and Pilates in Amarillo.

Clegg will speak about how the food people eat and its processing impacts our hormonal balance and cancer risk.

"As so many of us are impacted by cancer, we are all wondering how we can reduce our risk," Angela Knapp Eggers, Laura W. Bush Institute for Women's Health senior director, said. "Dr. Clegg has so much interesting insight into how we can use food to positively impact our health."

Clegg earned a B.S. in nutrition from Oregon State University, an M.B.A. from Boston University and a Ph.D. in nutrition from the University of Georgia. She completed a postdoctoral fellowship with the Cincinnati Diabetes and Obesity Center at the University of Cincinnati. Clegg has a unique background in both clinical and basic sciences, and extensive experience as a grant reviewer for institutions including the National Institutes of Health (NIH), the American Diabetes Association, Veterans Affairs and the Swiss Government Federal Foundation.

Williams will share how mindful movement affects mental health and overall emotional well-being. Williams is a 2011 graduate of the Doctor of Physical Therapy Program at TTUHSC in Amarillo. Williams is a fully-certified STOTT Pilates instructor and is passionate about the benefits of Pilates in physical therapy practice.



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

“The institute works to promote research specific to women’s health, to provide advanced education to health care professionals and to enrich the lives of women and girls through community programs,” Laura W. Bush Institute for Women’s Health Executive Director Connie Tyne said, “We are thrilled to provide this much-needed resource for our community in Amarillo.”

Tickets to the event are \$10. Tables can be reserved for \$100. Dinner is included. Registration is required for attendance. To RSVP, email angela.knapp@ttuhsc.edu or call (806) 414-9941. Door prizes will be presented.