



HOAG MEMORIAL HOSPITAL PRESBYTERIAN
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Hoag Launches Hoag for Her | Center for Wellness

NEWPORT BEACH, Calif., July 25, 2016 --- Designed by women, for women, Hoag recently introduced [Hoag for Her | Center for Wellness](#), the region's first center offering an integrative, proactive approach to healthy living in one convenient location.

Hoag for Her | Center for Wellness features an expert team of [women's health specialists](#) who work alongside physicians to provide personalized education, support and wellness services in a contemporary spa-like environment.

"We want women to be their best self each and every day," said [Allyson Brooks, M.D., Ginny Ueberroth Executive Medical Director Endowed Chair of Hoag Women's Health Institute](#). "Hoag for Her | Center for Wellness provides women of all ages with the resources and proven therapies to achieve optimal health and prevent illness in a setting where they feel comfortable and relaxed. By availing themselves of all these services in one location, women are empowered to take control of their health."

[Services available](#) at Hoag for Her | Center for Wellness include:

- Nutrition and Fitness Counseling
- Acupuncture
- Guided Imagery
- Massage Therapy
- Wellness Coaching
- Breast Cancer Risk Assessment
- Sexual Health Counseling
- Stress & Anxiety Management
- Meditation, Mindfulness and Breath Work
- Yoga
- Pilates
- Pelvic Physical Therapy



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The 10,000-square-foot center at Hoag Health Center Newport Beach is home to [WOMANOLOGY® by Hoag](#), a comprehensive pelvic health and rehab clinic that utilizes research-based treatments for [pelvic floor disorders and sexual dysfunction](#).

“Our needs in our teen years look different from what we need during pregnancy or after menopause. Hoag for Her | Center for Wellness is the first medically-based integrated health center that focuses on all aspects of well-being for women of all ages and life stages,” Dr. Brooks said.

The funding for the center comes in part from a \$5 million gift by philanthropists Peter and Ginny Ueberroth given last year that enabled Dr. Brooks to advance the Hoag Women’s Health Institute in the areas of research, education and program development.

For more information on Hoag for Her | Center for Wellness, visit [HOAG.ORG/HOAGFORHER](https://www.hoag.org/hoagforher).

ABOUT HOAG MEMORIAL HOSPITAL PRESBYTERIAN

Hoag is an approximately \$1 billion nonprofit, regional health care delivery network in Orange County, California, that treats more than 25,000 inpatients and 369,000 outpatients annually. Hoag consists of two acute-care hospitals – Hoag Hospital Newport Beach, which opened in 1952, and Hoag Hospital Irvine, which opened in 2010 – in addition to six health centers and nine urgent care centers. Hoag is a designated Magnet® hospital by the American Nurses Credentialing Center (ANCC). Hoag offers a comprehensive blend of health care services that includes five institutes providing specialized services in the following areas: [cancer](#), [heart and vascular](#), [neurosciences](#), [women’s health](#), and orthopedics through Hoag’s affiliate, [Hoag Orthopedic Institute](#), which consists of an orthopedic hospital and two ambulatory surgical centers. In 2013, Hoag entered into an alliance with St. Joseph Health to further expand health care services in the Orange County community, known as St. Joseph Hoag Health. Hoag has been named one of the Best Regional Hospitals in the *U.S. News & World Report* Metro Edition, and *Becker’s Hospital Review* named Hoag as one of the 2016 “100 Great Hospitals in America” – a designation Hoag has received four times. National Research Corporation has endorsed Hoag as Orange County’s most preferred hospital for the past 20 consecutive years and, for an unprecedented 20 years, residents of Orange County have chosen Hoag as one of the county’s best hospitals in a local newspaper survey. Visit www.hoag.org for more information.