

Women's College Hospital Foundation

WOMEN *for*
WOMEN'S

Presenting Sponsor



MARCH 24, 2026

Celebrating 15 years!

A MESSAGE FROM LEADERSHIP

Welcome to the 15th anniversary of Women for Women's.

It's not every day that we're able to come together like this – nearly 1,000 of us – all focused towards one goal of growing this movement to close the women's health gap. Moments like this are powerful; they remind us of how far we've come, but equally the distance that remains to be covered.

For more than 140 years, Women's College Hospital has worked to advance health for women and gender-diverse people by identifying and addressing women's health gaps and delivering pioneering firsts. In late 2025, McKinsey & Company released some sobering statistics: Canadian women spend 24% more time in poor health compared to men. Women remain under-researched, and this data gap widens as they get older, leaving their symptoms dismissed or misunderstood.

With leaders across the corporate, philanthropic and community sectors gathered here, we have an opportunity to carry our legacy forward, transforming dialogue into action and philanthropy into innovation.

This year, we're hosting two necessary conversations on breast cancer and menopause, topics that are of critical importance. We know that breast cancer

remains the most common cancer for women, with one in eight women in Canada receiving a diagnosis. Through our expert panel on breast cancer prevention and progress, we are determined to provide every woman with earlier answers and a healthier future. And our fireside chat on menopause will break the silence around midlife health. They will examine facts and challenge common myths to end the era of whispering and empower women during a new stage of their life.

We are also incredibly proud to present the 2026 Trailblazer Award to Nelly Furtado, who has always used her stage to advocate for women.

All of you are a part of the community at Women's College Hospital. When we come together like this, we create something powerful. You're fueling a movement rooted in empowerment, education and self-realization. It is proof that collective action can shift systems, close gaps and create a healthier future for all. Together, we are shaping a future where women are seen, heard and cared for. Not just today, but for generations ahead.

We are grateful for all you make possible.



Sandra Sualim

President & CEO
Women's College
Hospital Foundation



Heather McPherson

President & CEO
Women's College Hospital

AGENDA

11:00 AM – 12:00 PM **Registration and Networking**

11:30 AM **Doors Open for Seating**

12:00 PM **Programming Begins**

Opening Remarks

Panel: Redefining Breast Cancer: Prevention and Progress

Amanda Alvaro
Dr. Joanne Kotsopoulos
Lauren Levy
Dr. Fahima Osman

Fund-A-Need with Layne the Auctionista

Networking Break

Remarks: KPMG CEO

Benjie Thomas

Fireside Chat: Mastering Menopause

Dr. Sheila Wijayasinghe in conversation with Melissa Grelo

Remarks: Women for Women's Co-Chairs

Sonia Baxendale and Elizabeth Fanjoy

2026 Trailblazer Award: Nelly Furtado

2:00 PM **Event concludes**

REDEFINING BREAST CANCER: PREVENTION AND PROGRESS

For 15 years, Women for Women's has been a powerhouse, uniting leaders, experts and advocates to champion women's health. In 2026, we turn our focus to a crucial challenge: closing the women's health gap, starting with its largest driver, cancer. Breast cancer alone accounts for 25 percent of all cancers in women, and our panel of experts will tackle this head-on, discussing breakthrough screening, prevention strategies and women's lived experiences. We invite you to imagine a future where every woman has the opportunity for earlier answers, better care and the hope of a healthier future.

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Moderated by Amanda Alvaro *President, Pump and Circumstance and Bonus Track*

When she's not at P&C, you can find her bantering politics as a weekly political commentator on CBC TV's hit political show, Power and Politics and as co-host of the chart-topping political podcast, Beyond a Ballot. She has operated as a senior political advisor on successive election campaigns at the provincial and federal level and was a key member of Trudeau's leadership team. Amanda is the Chair of Rethink Breast Cancer and serves as a fundraiser for the National Ballet of Canada, Comkids and Toronto Public Library Foundation. She was named to the WXN 100 Most Powerful Women in Canada list in 2024.



Dr. Joanne Kotsopoulos *Scientist, Women's College Hospital Research and Innovation Institute Canada Research Chair (Tier 2) in Hereditary Breast and Ovarian Cancer Professor, Dalla Lana School of Public Health, University of Toronto (research / prevention)*

Dr. Joanne Kotsopoulos is a Scientist at Women's College Hospital, Professor at the University of Toronto and holds a Canada Research Chair in Hereditary Breast and Ovarian Cancer Prevention. For over two decades, she has directed an interdisciplinary program of research aimed at identifying strategies that confer substantial cancer risk reduction and improve outcomes for BRCA carriers at high-risk of developing breast and ovarian cancer.

As Hereditary Cancer Advisory Co-Lead (Peter Gilgan Centre for Women's Cancers), she leads knowledge translation efforts to educate healthcare providers and patient populations with evidence-based clinical, support, and education programs for women with a hereditary predisposition.



Lauren Levy

Co-Founder of Odd Cookie Snacks, dedicated philanthropist and BRCA1 gene carrier

Lauren Levy is the Co-Founder of Odd Cookie Snacks, a premium CPG brand where she leverages over 15 years of expertise in sales and marketing to drive brand growth. A dedicated philanthropist and mother of four, Lauren balances her passion for entrepreneurship with a dedication to community impact.

Her commitment to health advocacy is deeply personal. In her mid-20s, Lauren discovered she carried the BRCA1 gene, a genetic mutation associated with a dramatically increased risk of breast and ovarian cancer. Taking a proactive approach to her health, she underwent a series of preventative measures – including a prophylactic double mastectomy, an oophorectomy, and hormone therapy – to minimize her risks. Today, she uses her social platform and personal journey to champion women’s health and support others navigating a similar path.



Dr. Fahima Osman

Assistant Professor, Department of Surgery, Women’s College Hospital

Dr. Fahima Osman is a breast surgical oncologist and surgeon-investigator in entrepreneurship and innovation at Women’s College Hospital. She previously served as a breast surgical oncologist at North York General Hospital from 2014 to 2025. Dr. Osman has developed and implemented multiple digital health solutions focused on supporting cancer patients and their oncology teams. She is passionate about driving health system transformation through technology and implementation of innovative programs that improve access to high quality cancer care.

MASTERING MENOPAUSE

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Next, co-host Melissa Grelo will lead an inspiring fireside chat dedicated to ending the silence around midlife health with Dr. Sheila Wijayasinghe, Medical Director of Primary Care Outreach at Women's College Hospital and certified menopause expert and Melissa Grelo, award-winning journalist and co-host of Canada's #1 daytime talk show. The era of whispering, joking, and dismissing this powerful hormonal evolution is over. We will cut through the confusion by examining the facts, challenging common myths and providing clear, evidence-based knowledge to demystify this critical stage in a woman's life. At Women for Women's, you will be part of a revolutionary conversation to help you move beyond coping with menopause to truly thriving in your healthiest chapter yet.



Moderated by Melissa Grelo

Award-winning journalist and co-host of Canada's #1 daytime talk show

Melissa Grelo has interviewed the biggest celebrities and newsmakers over her 20+-year career, including reporting from the prestigious Academy Awards, one-on-one interview with former PM Justin Trudeau and launching three successful shows with Bell Media/CTV. She co-hosted the Olympics from Vancouver in 2010 and has been a huge champion of Canadian changemakers coast-to-coast. She was named one of Canada's Top 100 Most Powerful Women in 2019. Melissa has won multiple Canadian Screen Awards for her broadcasting.

In 2023, she put her passion for women's health into launching her first podcast, "Aging Powerfully with Melissa Grelo" that quickly topped the podcast charts across Canada and around the world and it has remained there over the show's three seasons. In 2025, Melissa was awarded the King Charles Coronation Medal for her contribution to the well-being of Canadians.



Dr. Sheila Wijayasinghe

Women's College Hospital Medical Lead for Primary Care Outreach; Family Medicine Doctor with Menopause Expertise

Dr. Sheila Wijayasinghe is the Medical Director of Primary Care Outreach at Women's College Hospital, where she advocates for equitable and accessible healthcare for all individuals. Dr. Sheila has been the health expert on CTV's The Social for 13 years, a columnist with the Globe and Mail and co-host of the Doc Talk Podcast. Her goal is to help people to know their rights and be able to advocate for themselves and loved ones in navigating the healthcare system.

TRAILBLAZER AWARD

NELLY FURTADO

2026 Winner



With over 20 billion streams, 35 million albums sold worldwide and multiple #1 hit singles, Nelly Furtado is an undisputed icon whose innovative songwriting shaped an era and transformed pop music. Her unique “Nelly sound” has earned her Grammy and Latin Grammy Awards, 10 Juno Awards, 3 MTV Europe Music Awards, a BRIT Award, Multi-Platinum certifications and millions of fans around the world. Effortlessly maintaining her place at the forefront of culture, the multi-talented musician and songwriter has landed three #1 songs on the Billboard Hot 100, five within the top ten, has chartered #1 on the US Latin Billboard chart and has sold out arenas around the world.

Beyond her musical achievements, Nelly is an influential figure and philanthropist who has been recognized for her advocacy for women’s rights and empowerment.

Nelly has long championed women’s causes globally, supporting initiatives that enable women to progress and reach their full potential. She has been outspoken on the pressures women, especially mothers, continue to face and the importance of helping women integrate their personal and professional lives. In Canada, she has used music collaborations to spotlight Indigenous artists, and advocate for stronger rights for Indigenous Peoples. Nelly Furtado has used her leadership to collaborate on community engagement projects that promote gender equality and Indigenous rights as a key driver for collective progress.

ACCELERATING RESEARCH TO CLOSE THE WOMEN'S HEALTH GAP

AT WOMEN'S COLLEGE HOSPITAL, WE INVEST DIRECTLY IN RESEARCH TO ADVANCE THE HEALTH OF WOMEN

Canadian women spend more of their lives in poor health than men, yet much of our health system is still built on research that does not fully reflect women's biology or lived experience. Cancer, heart disease and brain disorders continue to place the greatest burden on women, particularly those in underserved communities.

For more than 140 years, Women's College Hospital has led research that changes care, from pioneering cancer screening and contributing to the discovery of the BRCA genes, to advancing how we understand aging and midlife health. But bold ideas only move forward with timely support.

Your support will advance research across the hospital, empowering researchers and trainees to ask the next critical questions. From breast cancer risk and prevention to menopause and long-term health, to a national cohort study, Women's Menopause and Midlife Horizon Study, following women and gender-diverse people through midlife and into older age, this work will generate the evidence needed to improve care for generations to come.

By investing in research today, you are helping close the women's health gap and shape a healthier future for women and for everyone.



**SCAN HERE TO REGISTER FOR
THE FUND-A-NEED MOMENT.**

COMMITTEE

Thank you to the Women for Women's 2026 committee for bringing this event to life!

EVENT CO-CHAIRS:

Sonia Baxendale and Elizabeth Fanjoy

EVENT COMMITTEE MEMBERS:

Afshan Ali
Hania Amad
Cynthia Currie
Caroline Gayle
Lori Heller
Georgeta Iacobelli
Melinda Machado
Katie McGarry
Jenn Ocampo-King
Farnaz Shahed

THANK YOU TO OUR INCREDIBLE ON-SITE VOLUNTEERS

Women for Women's 2026 is a success because of your commitment to our mission – thank you for being the heartbeat of this event and for helping us drive lasting change in the health of women.

**PLEASE TAKE A MOMENT TO
GIVE US YOUR FEEDBACK ON
THIS YEAR'S WOMEN FOR WOMEN'S.
WE'D LOVE TO HEAR FROM YOU.**



BE A PART OF WOMEN'S MENOPAUSE AND MIDLIFE HORIZON STUDY

The Women's Menopause and Midlife Horizon Study is a groundbreaking new study examining key areas of women's health and wellbeing during the midlife period.

By participating, you will contribute to a vital body of research focused on women's midlife health and aging. Our goal is to engage a minimum of 30,000 women and gender-diverse participants. If you are:

- **A woman or gender-diverse individual with reproductive organs (identify sex as biologically female)**
- **Between 35-55 years of age**
- **Live in the Greater Toronto Area**
- **Willing to complete annual questionnaires and undergo clinical and biomarker assessments**

**SCAN THE QR CODE AND JOIN THE
LARGEST STUDY OF ITS KIND.**

Together, we can transform midlife and aging to enhance longevity, improve health outcomes and advance equity.



**Menopause and Midlife
Horizon Study**

100WOMEN

100Women are a special philanthropic group committed to driving bold change for the future of healthcare. Each member of the **100Women community has generously donated a minimum of \$100,000 to Women's College Hospital Foundation** to revolutionize healthcare and create a more equitable world for all. **If your name is among these remarkable 100Women, please visit registration to receive a small symbol of our appreciation.**

Jocelyn Allen	Narinder Dharni	Mary Susanne Lamont	Kerry Peacock
Kate Amesbury	Alex Earthy	Dana Lampe	N. Jane Pepino
Gail Appel	Louise A. Fast	Barbara Lang	Megan Porter
Tamara Bahry	Sabrina Feldman	Rosanne Longo	Vivian Racioppo
Angela Baldassarra	Patricia Fraser	Nancy MacKellar	Linda Judith Reed
Karen Barnett	Linda Frum	Mary Lou Maher	H. Gail Regan
Deb Barrett	Rebecca Gardiner	Nancy E. A. Main	Elizabeth Riddell-Dixon
Elisabetta Bigsby	Shirley Granovsky	Noreen Marchand	Nancy Ruth
Yvonne Bland	Karen Green	Margaret Norrie McCain	Michelle Samson-Doel
Marlene Cepparo	Laurie Green	Luci McEachern	Jeanette Seymour
Sylvia D. Chrominska	Kelly Grier	Deborah McGrath	Lillian Seymour
Lisa Colnett	Stephanie Griffiths	Margaret McLean	Sasha Seymour
Carol A. Cowan	Elizabeth Hamilton	J. Susan Monteith	Barbara Stern
Barbara Crawford	Linda Haynes	Colleen Moorehead	Eleanor Thall
Beatrice Crawford	Nona Macdonald Heaslip	Katherine Morrison	Stephanie Trussler
Heather Crawford	Victoria Jackman	Chameli Naraine	Sabina Vohra-Miller
Connie Crogal	Barbara Johnston	Jordon Newlands	Sheila Waengler
Lynn Damp	Marissa Kassam	Gilda Niman	Benita M. Warmbold
Wendy Daniels	Kathryn Kearsey	Gail O'Brien	Sally C. Wright
V. Ann Davis	Jane E. Kinney	Jocelyn Palm	

THANK YOU FOR PURCHASING A TABLE AT WOMEN FOR WOMEN'S 2026

Arleen Huggins

Bloomberg

Canso Investment Counsel Ltd.

Carol Cowan-Levine

Caroline Gayle

Colleen Moorehead

Davies Ward Phillips & Vineberg LLP

Deloitte

Donna Walwyn

Enwave Energy Corporation

Giftpact Foundation Inc.

Gowling WLG (Canada) LLP

IBM

IG Wealth Management Inc.

Jenn Ocampo-King

Jennifer Sloan

Louise Fast

MAZE Consulting

Mercer

Morningstar DBRS

NKPR

Northleaf Capital Partners

Northwest Healthcare Properties REIT

Osler, Hoskin & Harcourt LLP

Paul Gray

Reliance Home Comfort

Rosedale Family Office

Shoppers Foundation For Women's Health

Spark Recruiting Inc.

State Street

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WCHP Admin Associates Inc.

Women Presidents Organization

Women's College Health Research

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