

# An Evening with NAOMI WATTS

Penn Medicine Princeton Health and Talk with Authors are pleased to host Academy Award nominee Naomi Watts for an insightful moderated discussion about her book, *DARE I SAY IT*, and the journey through menopause. Naomi will be in conversation with Dr. Somi Javaid, a board certified OB/GYN and a leading women's sexual health and menopause advocate.



## THU. January 23 at 7pm

Westin Princeton at Forrestal Village  
201 Village Boulevard, Princeton

Naomi Watts, acclaimed actress, author, and founder of Stripes Beauty, takes an empowering, funny, and candid approach to one of life's most transformative phases—menopause.

In her book, *DARE I SAY IT - Everything I Wish I'd Known About Menopause*, she shares her personal journey, revealing the emotional and physical challenges of menopause.



Blending personal stories with expert advice, Watts offers practical tips and the latest research on managing symptoms and embracing this stage of life with confidence.



Immediately following the discussion with Naomi Watts, a dynamic panel of expert physicians will answer your questions and discuss women's health topics. Submit your questions during registration.

Register at [pennmedicine.trumba.com/princeton-health](https://pennmedicine.trumba.com/princeton-health)

\$50 per person. Cost includes light desserts, coffee and tea.



First 500 registrants  
will receive a  
copy of *Dare I Say It!*