



The Virginia Hospital Center's Women's Health and Empowerment Circle (WHEC) is comprised of dedicated women who value community and ensure that access to the best medical care is available to everyone through support of Virginia Hospital Center and its programs.



As women, caring for ourselves is a top priority that competes with caring for loved ones and community. Women are the "CEOs" of their family's healthcare – making appointments, taking temperatures and worrying about test results. WHEC engages and inspires women to support excellent medical care, advanced medical technologies and the best options for child, senior and women's healthcare.

Started in January 2014, WHEC has supported Virginia Hospital Center by raising funds for projects such as upgrades to mammography equipment for the **Reinsch Pierce Family Center for Breast Health**, training for nurses, construction of specialized **Labor and Delivery** suites for high-risk pregnancies, equipment and training needs for the **Advanced Robotics Program** and treatment of gynecological cancer, and care for low-income and uninsured children served by **Arlington Pediatric Center (APC)**, a community benefit program of the Hospital.

**But none of this would have been possible without the dedication and contributions of our WHEC members!**

## Learn About Women's Health at Our Events!



The Women's Health and Empowerment Circle hosts a several events each year that allow women to learn about women's and family health topics in new and fun ways. These events are open to all women who are interested in learning about how to be their best and healthiest selves. Whether it's a lesson on skin care while getting a makeover or learning about bone health during a workout, each event encourages women to learn and comfortably ask questions from leading physicians about health topics that may closely relate to themselves or their family and friends.



Email Bridget Hayden at  
[bhayden@virginiahospitalcenter.com](mailto:bhayden@virginiahospitalcenter.com)  
to receive our next event invitation.

For more information please visit [VirginiaHospitalCenter.com/WHEC](http://VirginiaHospitalCenter.com/WHEC)

## Support Virginia Hospital Center Through the Women's Health and Empowerment Circle

**Help grow the circle!** Fundraising is an important part of our mission to help the Hospital meet the evolving healthcare needs of women and their families in our community. Each year, WHEC selects an area of Virginia Hospital Center to raise funds for to support the growth of the specific department or program, encourage education and training for staff in that field, and promote community education about the benefits of the Hospital's programs and services.

**We ask that you consider supporting VHC through WHEC and our initiatives any way you can.** There are many ways to participate and support, but gifts of any amount are accepted and make a difference.

### **Friend of WHEC:**

**Any donation under \$1,000**

- *The knowledge that you are supporting outstanding medical care at Virginia Hospital Center.*
- Invitations to WHEC educational and social events (at least 3 educational events and 2 social events per year).
- Subscription to the WHEC e-newsletter.
- *Opportunity to connect with a member of WHEC leadership for one-on-one networking and career mentorship, for donations of \$100 or greater. Ideal for women starting their careers, changing careers, or getting back into the workforce.*

### **Bronze Member:**

**\$1,000 (annual gift, no commitment)**

- Includes all benefits of a **Friend of WHEC**
- Invitation to the annual holiday celebration.
- Recognition on the Virginia Hospital Center's website.
- Invitation to members-only tours and demonstrations at VHC.

### **Silver Member:**

**\$1,500 (annual gift, no commitment)**

- Includes all benefits of **Bronze Member**
- Includes two tickets to Music & Medicine Gala

### **Gold Member:**

**\$5,000 (paid over 5 years)**

- Includes all benefits of **Bronze Member**
- Recognition on Virginia Hospital Center's donor recognition display in the Hospital's Waterfall Atrium and in the Virginia Hospital Center website.
- Opportunities to engage with Hospital leaders, doctors, and volunteers.
- Assistance to make your visit to Virginia Hospital Center as stress free as possible.
- Complimentary parking at Virginia Hospital Center.
- Commemorative gift of recognition.
- Eligible to be nominated to the WHEC Advisory Board
- Includes WHEC membership for 5 years at the Gold level

### **Platinum Member:**

**\$7,500 (paid over 5 years)**

- Includes all benefits of **Gold Member**
- Includes two tickets annually to Music & Medicine Gala for 5 years
- Includes WHEC membership for 5 years at the Platinum level