

UNIVERSITY OF MARYLAND, BALTIMORE

# WOMEN'S HISTORY MONTH

APRIL 1, 2014 | 11:30 A.M. - 1 P.M.  
WESTMINSTER HALL



GUEST SPEAKER

## Pamela Peeke

MD, MPH, FACP

Pamela Peeke is a clinical assistant professor in the Department of Family and Community Medicine at the University of Maryland School of Medicine and an internationally renowned physician, scientist, and expert in the fields of nutrition, metabolism, stress, and fitness. Calling herself an “edutainer,” Peeke uses her trademark wit and wisdom to provide audiences with a healthy lifestyle message in such a memorable and entertaining style that she is one of the most requested physician speakers in America. Peeke is a regular TED Talk speaker, and she participated in a TEDx Wall Street event at the New York Stock Exchange. An avid athlete, Peeke is nationally known as the “doc who walks the talk” as she inspires by living the message she teaches. Peeke was featured in the *Changing the Face of Medicine* exhibit on the history of women physicians at the National Library of Medicine, and she was named one of America’s top physicians by the Consumers Research Council of America. Peeke is a Pew Foundation scholar in nutrition and metabolism, and a fellow of the American College of Physicians. She teamed with the U.S. surgeon general to create a national walking initiative, she is a member of Maryland’s fitness council, and she is a national spokesperson for the American College of Sports Medicine’s Exercise is Medicine global campaign.

Peeke is the lifestyle expert for WebMD’s 90 million members, using a multimedia educational approach that includes the Everyday Fitness With Pamela Peeke blogs, newsletters, podcasts and her healthy diet and lifestyle community exchange. Her new column, “Dr. Pam Peeke: Healthy Living Coach,” is featured in *Prevention* magazine, for which she is a member of the advisory board.

She is co-host of RadioMD’s *HER Radio*, a weekly show covering women’s health and wellness issues.

Peeke is the *New York Times* best-selling author of *Fight Fat After Forty*, *Body for Life for Women*, and *Fit to Live*. Her newest book, *The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction*, was launched on Katie Couric’s TV show.

Peeke is a regular in-studio medical commentator for national TV networks including CNN and Fox, and on *Today*, *Good Morning America*, and *Nightline*. She is a monthly columnist and contributing editor for numerous national magazines including *Good Housekeeping*, *Fitness*, and *More*.

Peeke is an expert in the newly emerging field of gender specific health and medicine, emphasizing the strengths and vulnerabilities of both genders as they practice healthy lifestyles. She is a consultant to corporate America, participating on boards and think tanks by drawing on her skill set that spans the realm from health and wellness lifestyle coaching to predicting trends in healthy living and aging.

Peeke is the founder of the Peeke Performance Center for Healthy Living, which offers her lifestyle management program that guides clients through the mental and physical transformations of their life journeys. A triathlete, marathoner, and mountain climber, Peeke founded the Peeke Week Retreat program, which provides her Peeke Performers with the opportunity to mentally and physically challenge themselves at magnificent outdoor destinations including the Grand Canyon and Zion and Bryce national parks.

### LUNCH CATERED BY BALTIMORE OUTREACH SERVICES

Founded in 2002, Baltimore Outreach Services (BOS) is a nonprofit organization that provides comprehensive programs and services to homeless women and their children. Home to 40 women and children each night, the emergency shelter is open 24-hours a day, 365 days a year. In addition to the temporary, but necessary, provisions of food, shelter, and personal items, BOS offers programs designed to encourage lasting success including substance abuse treatment, mental health services, life-skills classes, educational assistance, housing placement, and job training.

In 2005, BOS began the Essential Skills Culinary Arts Job Training program for shelter residents under the leadership of chef Connie Crabtree. The program teaches the basic skills required to secure entry-level work in commercial food services. Over 100 women have completed the course and many now have the tools and experience to find employment that will allow them to provide for their families.