

D | Accent HEALTHY LIVING

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Cleveland Clinic Florida

HEALTHY LIVING

Learn the risks of heart disease and take action. Q & A, D4

THIS WEEK'S TOPIC: GET HEART SMART

THE GOLF LIFESTYLE

Women execs, the PGA wants you

Ivanka Trump helps promote PGA Executive Women Days.

By Jan Tuckwood
Palm Beach Post Staff Writer

When Ivanka Trump shows up on a golf course, it's often to promote a feat of Trumpian grandeur, like the recent opening of the "Gary Player Villa" rooms at Trump Doral in Miami.

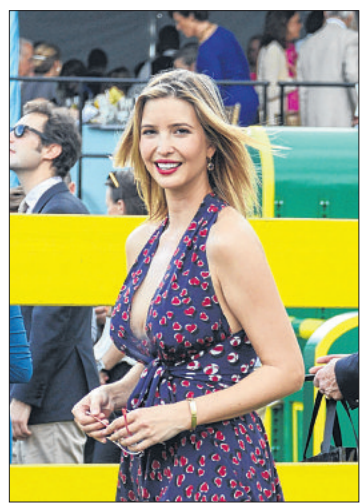
Or she'll appear to host a style event, like "Fashion Friday" at the Cadillac Championship coming to Doral in March.

Sometimes, Trump actually plays golf, though she's not too good at it yet, as she confessed to Forbes Life last year.

What she is good at – besides being a bright Wharton Business School brain and an executive vice president of the Trump Organization – is lending her beautiful face and glamorous style to a game that needs it.

She shared her excitement for PGA Executive Women Days via social media, and interest jumped in the one-day networking events for women that will be held during 21 tournaments this year, including the Honda Classic.

Trump continued on D6



Ivanka Trump shared her excitement for PGA Executive Women Days via social media. MELANIE BELL / PALM BEACH DAILY NEWS

EXECUTIVE WOMEN'S DAY AT THE HONDA CLASSIC

When: Feb. 25, from 8 a.m. to 4:30 p.m. (The Honda Classic tournament is Feb. 24 to March 2.)

Where: PGA National Resort & Spa in Palm Beach Gardens

What: A day of networking for 200 local business women, with keynote speech by Carla Harris, managing director of Morgan Stanley. Participants will get a chance to mingle on the golf course, and learn about the health benefits of golf.

Cost: Tables for 10 start at \$1,500. For information, email Joanie Connors at jconnors@thehondaclassic.com or call 561-799-4619.

WELLNESS

THE POWER of TOUCH



Licensed massage therapist Anita Reed Dean, inside the Sari Asher Center in Palm Beach Gardens, specializes in providing massage therapy to oncology patients. DAMON HIGGINS / THE PALM BEACH POST

Anita Dean's mission: Soothing the people who need a hug the most.

By Lois Cahall
Special to The Palm Beach Post

Anita Reed Dean's business card reads "Licensed Massage Therapist," and it also reads "Balanced Touch," which is what she offers her cancer patients when there's nothing else to be done but love them and hug them.

With her frilly dress, long blonde locks and kind blue eyes, Dean looks like the youngest 60-year-old on the planet. Maybe she's not from this planet – she could be an angel from some loving alternate universe.

"My spirit is a kid," she says "though my patients think I'm an angel. I love life no matter what it throws me." And what it has thrown her is more than 4,000 hours of treating cancer patients.

When somebody comes into Dean's massage office, and they know they might die, why do they

ANITA REED DEAN

A licensed massage therapist, Dean has been in private practice in West Palm Beach since 1996, in addition to her work with the Sari Asher Center.

SARI ASHER CENTER FOR INTEGRATIVE CANCER CARE

The Sari Center's mission is to integrate complementary therapies with traditional medical treatment to enhance the quality of life for people with cancer. The center works with the Palm Beach Cancer Institute and is in the institute's building at 3401 PGA Blvd., Suite 200, in Palm Beach Gardens.

need a massage?

"For comfort," she explains, "the relief of anxiety because they're not getting any."

"Their bodies are already tender, radiated, poked, cut, feeling poisoned, depleted and just plain sad," says Dean, matter-of-factly. "Years ago when I was in school, we were taught you don't touch people with cancer because it was said it will spread in the lymph nodes. But as long as my touch is light, compassionate, and I'm there for the person, that's my main focus now."

What causes a person to grow up and say, "I'm going to be a massage therapist to people with cancer?"

"I didn't," she says. "I went in practice mainly to have an income after being a stay-at-home mom for years. We needed extra income, and my father-in-law got cancer, so it inspired me to think about life."

Touch continued on D5

'It's good being there for people who need to be touched, comforted and nurtured.' — Anita Reed Dean

Save a life this Sunday

Event at FAU benefits bone marrow donor foundation.



Steve Dorfman
Boomer Health

Rare is the opportunity to directly save a life.

But on Sunday – at the Gift of Life Bone Marrow Foundation's 5K walk/run – you will.



Wendy Schulman,
organizer of the Gift of Life's annual 5K walk/run.

That's because the Boca Raton-based charitable organization – which is hosting its fourth annual fitness event at FAU (see box) – will provide all attendees between the ages of 18 and 60 the opportunity to be entered into the national bone marrow donor

registry.

Delray Beach's Wendy Schulman originally organized the event in 2011 as a way to give back to the local entity she credits with helping expedite a bone-marrow match for her then-28-year-old son seven years ago.

"Gift of Life is such a wonderful organization right in our own backyard," Schulman says. "When my son needed a bone-marrow transplant, they helped so much."

Dorfman continued on D2

IF YOU GO

Gift of Life 5K walk/run

When: Sunday, 8:30 a.m. (registration starts at 7 a.m.)

Where: FAU campus (777 Glades Road, Boca Raton)

Description: 5K walk/run; also, all attendees between ages 18 and 60 can be entered into the national bone marrow donor registry.

Registration: Adults: \$25-\$30; students: \$10-\$20; to register or for more information, call 561-982-2900 or visit giftoflife.org.

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