

## Welcome to Women for Women's 2026.

As I welcome you to **Women for Women's 2026**, I do so not only as the President & CEO of Women's College Hospital Foundation, but also as a mother, a daughter and a woman who believes deeply in the power of knowledge, community and possibility.

I often think about the world my daughter is growing up in. A world where women are more informed, more connected and more determined than ever to advocate for their health and their futures. Yet we also know that profound gaps still exist. In late 2025, McKinsey & Company released a new report that revealed a sobering statistic: **Canadian women spend 24% more time in poor health compared to men. Women remain underrepresented in research, and too often have their symptoms dismissed or misunderstood.** These realities are not abstract. They affect our lives, our families and generations to come.

This is why Women's College Hospital exists, and why Women for Women's matters so deeply. **For more than a century, Women's College Hospital has challenged the status quo, asking difficult questions and pushing healthcare forward.** From pioneering research in menopause and women's cancers to advancing care models centred around equity, lived experience and innovation, the hospital continues to lead change. But there is still so much work to do.

What gives me hope is this community. When women come together to learn, to share, to support and to invest, something powerful happens. Women for Women's is not just an event. It is 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.**

As we mark the 15<sup>th</sup> anniversary of Women for Women's, I am profoundly grateful to the leaders, supporters and advocates who have carried this vision forward year after year. Your belief in this work fuels progress and makes bold change possible.

Together, we are shaping a future where women are seen, heard and cared for. Not just today, but for generations ahead. **I invite you to join us for Women for Women's 2026 and to give generously in support of this vital work.**

With gratitude,



**Sandra Sualim**

President & CEO, Women's College Hospital Foundation