

Reyut's Faith Community Nursing Program's Healthy Living
Group in honor of Hadassah Shabbat presents:

Maximizing Optimal Health and Resilience Dr. Sheryl Spitzer-Resnick

**Wednesday
17 February 10am**

Free and open to the public



Join Dr. Sheryl Spitzer-Resnick as she discusses how minimizing inflammation through diet, stress reduction and supplementation for nutrition deficiencies can help one to achieve optimal health and resilience. Dr. Spitzer-Resnick is a graduate of Harvard Medical School, who, after working in family medicine for 25 years, now specializes in natural hormone replacement, as well as integrative and functional medicine.

[Zoom Registration/RSVP link](#)

After registering, you will receive the link to come to the program.



Congregation Agudat Achim

Over 120 years of Conservative Judaism