

Do you want to experience a dramatic improvement in your health?

How does your diet impact your health? Which foods cause inflammation or increase the risk of cardiovascular and other chronic diseases? Ask the doctor!

Confessions of a Cardiologist...



Come hear Dr. Robert Ostfeld, the Director of Preventative Cardiology, Associate Professor at the Albert Einstein College of Medicine & Director of Montefiore Hospital's Cardiac Wellness Program in NYC.

WHEN: Thursday, April 20th, 6:00 – 8:30 pm

WHERE: 70 Jefferson St, Providence, RI (church hall – free parking)

COST: \$15 cash at the door (snacks included)

RSVP: strongly recommended by April 16th
www.meetup.com/Powered-by-Plants-RI/

This is a community event - friends & family are welcome! Invite everyone you know. Let's support each other on this journey to health!



Robert Ostfeld, M.D., MSc., earned his BA from the University of Pennsylvania, graduating Summa Cum Laude & Phi Beta Kappa; MD from Yale University School of Medicine; & Masters of Science in Epidemiology from the Harvard School of Public Health. He completed his medical internship & residency at the Massachusetts General Hospital & his cardiology fellowship and research fellowship in Preventive Medicine at Brigham & Women's Hospital. www.montefiore.org/cardiacwellnessprogram

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