

Join Us for FREE Lectures followed by Q&A
on the 4th Thursday of Every Month!

The Women's Cardiac Health Center

At
 ENGLEWOOD
HOSPITAL AND MEDICAL CENTER™
AN AFFILIATE OF MOUNT SINAI SCHOOL OF MEDICINE

Thursday, July 22

“Women and Cardiovascular Disease”

Jacqueline Hollywood, MD, FACC

An overview of the number one health threat women face today. We will discuss the statistics, risks and ways to prevent heart disease.

Thursday, August 26

“Good Carb, Bad Carb: What you really need to know about healthy eating”

Shana Maleef, RD

An overview on nutrition and how diet plays a major role in heart health

Thursday, September 23

“Holistic Medicine and Your Health”

Julie Taw, MD

An overview of the role that stress plays in heart health and ways to prevent it

Thursday, October 28

“Nutritional Supplements: Help or Harm”

Diane Zanger, MD, FACC

An overview of nutritional supplements, which have been found to both show benefit and interact with medicine. The importance of including them in your medical history.

November & December

No lecture, due to holidays

Thursday, January 27, 2011

“Hypertension and You”

Susan Clifford, MD

An overview of the most common medical problem, known as the silent killer, as it is without symptoms. What you need to know to prevent and treat it.



Jacqueline Hollywood, MD, FACC,
Associate Chief, Section of Cardiology
and Director of The Women's Cardiac
Health Center at Englewood Hospital

All lectures begin at 6:00 PM and are held in the Berrie Conference Room (off the Main Lobby)
at Englewood Hospital, 350 Engle Street, Englewood, NJ 07631.

Registration is requested. Please call 1-866-980-EHMC (3462) to reserve your seat.

For more information, visit EnglewoodHospital.com

