



Start your journey to heart-healthy living and healthy aging.

Join Temple Beth Sholom members **Stacey E. Rosen, MD**, co-author of **Heart Smart for Women: Six STEPS in Six Weeks to Heart-Healthy Living**, and **Sharon Zarabi, RD** Bariatric Program Director at Lenox Hill Hospital.

This engaging, user friendly guide shows us that NOW is the time for all women to get on the road to heart health.

The complete six-week program includes:

- Personal assessment of risk factors
- A clear, step-by-step program to begin or improve your exercise routine, eating habits, and managing stress and sleep
- Suggestions for how to form and maintain a true partnership with your doctor

The Heart Smart Book will be available for purchase at this event and also available on amazon.com. All proceeds support the Katz Institute for Women's Health.

**Monday,
April 30, 2018
8:00 pm**

- Free blood pressure screenings
- Free heart healthy snacks!

Temple Beth Sholom
401 Roslyn Road
Roslyn Heights, NY 11577
(516) 621-2288



Stacey E. Rosen, MD
Cardiologist



Sharon Zarabi, RD
Registered Dietitian

