

FOOD AS MEDICINE



WHEN?? March 14th – 12:30 PM

WHERE?? Ohav Sholom Apartments Community Room,
115 Krumkill Road, Albany. Park in the synagogue parking lot next door (113 Krumkill) and follow
sidewalk to Apartments.

PRESENTER: **Beth Dollinger**, Director, Health Meets Food at Arnot Health
Adjunct Clinical Associate Professor, Lake Erie College of Osteopathic Medicine



Recently there has been a shift in medicine towards disease prevention and it is obvious that diet plays an outsized role in this new approach. We owe it to ourselves to be informed.

Dr. Dollinger will be talking about the history of food as medicine, nutrition and medical education as well as some dietary strategies you can incorporate in your daily menus.

Bring a bag lunch – drinks and dessert will be provided
by StateWide Senior Action Council, Albany Chapter

Sponsored by: StateWide Senior Action Council

For information regarding StateWide contact:

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New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642
www.nysenior.org