

FOOD AS MEDICINE

PROGRAM

###### **JUNE 13TH 12:30 PM**

Bring a bagged lunch

Drinks and dessert courtesy of

StateWide – Albany Chapter

**OHAV SHOLOM APARTMENTS**

**115 Krumkill Road, Albany**

in the Community Room – floor 1

*Please park in the Ohav Sholom Synagogue Lot*

*and follow the sidewalk to the Apartment Building*

**PRESENTER: Beth Dollinger,** Director of **Health Meets Food** at Arnot Health,

Adjunct Clinical Associate Professor Lake Erie College of Osteopathic Medicine

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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.

