



Stony Brook
Eastern Long Island
Hospital

Improve Your Health with Diet & Lifestyle Changes

SBELIH invites you to attend the eighth installment
of our Community Health Education Series:

Thursday, January 23, 2020 | 4pm
Heron Suites, 61600 Main Road, Southold

**Free Raffle
& Food Demo/
Tasting!**

4pm: Registration & Refreshments

4:15pm: Session 1 Lifestyle as Medicine

Jarid Pachter, DO

*Board Certified, Family & Addiction Medicine
Vice Chair of ELI Leadership Coordinating Council
SBUH Medical Board & MEC Member at Large
Medical Director, Quannacut Outpatient Services*

5:15pm: Session 2 Food as Medicine

Paula Montagna, MS, RD, CDN, CNSC

Director of Clinical Nutrition, Stony Brook Southampton Hospital

For more information or to register, call (631) 477-5164.

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