

Briarcliff Manor Public Library

1 Library Road 941-7072

www.briarcliffmanorlibrary.org

STRESS AND HEART HEALTH

Thursday, November 8, 2018

6:30 - 8:00 pm



Dr. Erica Jones will discuss how stress is associated with cardiovascular disease and how to treat it. Dr. Jones is a board certified cardiologist and Director of Heart Health, the cardiovascular disease prevention program at Weill Cornell Medicine/NY Presbyterian Hospital.

Registration is recommended but all are welcome to attend. To register, please email Shelley Glick at sglick@wlsmail.org or call the library at 914-941-7072.