

# FEBRUARY IS AMERICAN HEART MONTH



## Women's Roundtable: Women & Heart Health

Wednesday, Feb. 22, 2023 | 12 - 1 p.m.  
Jersey City Medical Center (off-campus)  
350 Montgomery Street, Jersey City  
First Floor, Auditorium

Join our panel of physicians and experts as they discuss wellness and heart-health topics affecting women.

- Is your heart at risk? Understanding the risk factors
- We're all heart. Evaluating your heart health
- Well woman visit
- Simple nutrition for heart health

\*Boxed lunch to be provided.

To RSVP, scan the QR code or go to  
<https://www.rwjbh.org/events/event/?event=30481>.



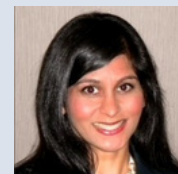
Jersey City  
Medical Center

[rwjbh.org/jerseycity](https://www.rwjbh.org/jerseycity)

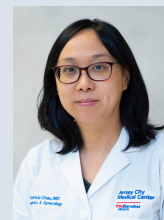
### Featured Panelists:



**Mary Abed, MD**  
Chief of Cardiology at JCMC



**Rima Patel, MD**  
Cardiology



**Patricia Chau, MD**  
Obstetrics & Gynecology



**Kristin Carlino, MS, RDN**  
JCMC Green Apple Rx  
Food FARMacy

RWJ Barnabas  
HEALTH