

Community Education Calendar February 2010



February 11 – 7:00 pm

**Safe Use of Nutritional
Supplements: 5 Dangerous
Mistakes** MICHAEL ROTHMAN, MD



February 16 – 11:00am

**Benefits of Exercise
with Chronic Respiratory
Conditions** CARLOS REMOLINA, MD
& PAUL SCHROEDER, M.Ed, CRT



February 22 – 7:00 pm

**Reduce Your
Heart Disease Risk**
MICHAEL CHEN, MD



February 23 – 7:00 pm

**Celebrate Heart Month –
Heart Healthy Nutrients**
DIANE WEEKS, Chef/RD



All lectures will be held at the
RWJ-Rahway Fitness & Wellness Center
2120 Lamberts Mill Road, Scotch Plains



RWJ RAHWAY
FITNESS & WELLNESS CENTER
An Affiliate of RWJ University Hospital - Rahway

For more information or to register for any of
the above programs, call 732.499.6193 or visit
us online at www.rwjuhr.com. (Space is limited).