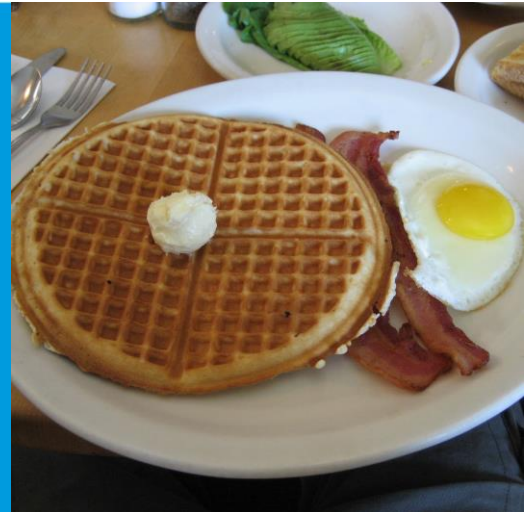




# The Breakfast Club

## GERD - Gastroesophageal Reflux Disease



The Breakfast Club is a series of breakfast meetings designed especially for seniors. Each program includes a free breakfast, a presentation on a healthy lifestyle topic, and a light exercise program to improve strength and balance. It's also a great opportunity for older adults to socialize with their peers.

**Date:** Thursday, May 9, 2019

**Time:** 8:30-10:30am

**Where:** Phelps Hospital Cafeteria

**Speaker:** Dr. Diana Co-Martin Winston, gastroenterologist

Registration is required.

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To register, please contact  
Ellen Woods at  
**(914) 366-3937** or  
**Vitality@northwell.edu.**

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**Phelps Hospital**  
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