

# Men's Health Day 2015

## Journey to healthy living.

**Friday, June 19, 11 a.m. - 3:00 p.m. • Mario's • 2740 Monroe Avenue, Rochester NY**

Men's Health Day, presented by UR Medicine, will feature a panel discussion by physicians and a dietitian about ways to achieve a healthy lifestyle with diet, nutrition, and exercise. In addition, there will be presentations by physicians and leaders about other important health topics for men including:

- Preventing and treating Diabetes
- Essential things to know about Stroke
- Precision Medicine for Prostate Cancer

**The program is designed for men ages 45+ and is FREE. Lunch will be served.**

**Reservations must be made by phone. Space is limited, so please call 585.275.8762 to reserve your seat!**



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