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February 11, 2014

**FOR IMMEDIATE RELEASE**

## **Strong West Plans Free Community Health Talks**

UR Medicine's Strong West is launching a series of free consumer health talks, inviting community members in the Brockport area to learn about topics related to heart and vascular conditions, women's health, child and family wellness, and many others.

The series kicks off at 6 p.m. Tuesday, Feb. 25, at 156 West Ave, Brockport. Strong West cardiologist J. Chad Teeters, M.D., will share information and answer your questions about heart health as part of American Heart Month. The discussion that night will be followed by a tour of the Strong West facility.

Subsequent talks will be held at 6 p.m. the last Tuesday of the month. Topics for the winter/spring schedule are:

- Feb. 25: **Make Heart Health a Priority**, presented by J. Chad Teeters, UR Medicine Cardiology;
- March 25: **Arthritis and the Impact of Cold Weather**, presented by Mark Mirabelli, M.D., UR Medicine Orthopaedics and Rehabilitation;
- April 29: **Infertility and Treatment Options**, presented by Kathy Hoeger, M.D., M.P.H., UR Medicine Obstetrics and Gynecology, with an introduction by Mitchell A. Linder, M.D., of Rochester Gynecologic & Obstetric Associates;
- May 27: **Childhood Obesity - Advice for Parents**, presented by Stephen R. Cook, M.D., M.P.H., UR Medicine Pediatrics

The talks are free and open to the public. If you have any questions, please call (585) 275-1311.

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