

Preparing for the breakfast

Flyer for the event

MEN'S CLUB

 CONGREGATION
BETH SHALOM
MEN'S CLUB

**How to Prevent and Identify a Heart Attack
and its Effect on Our Lives, Part 2**

Featuring CBS Member and
Cardiologist **Dr. Stephen Zaacks**
Sunday, September 19, 2021,
Breakfast (\$7) at 9:30 am
Program at 10:00 am
(Link to follow if you register to attend by Zoom)



Advance registration is appreciated but not required at
<http://bit.ly/3b2m90d>

Dr. Stephen Zaacks is a cardiologist with Northwest
Community Healthcare (NCH). He will help us answer these
important questions relating to heart health:

- ▼ What are the warning signs of a heart attack?
- ▼ What should I do to maximize my chances of surviving?
- ▼ What changes should I make in my day to day life?

 An ounce of prevention is worth a pound of cure! Dr. Zaacks
will also teach us how we can improve our cardiovascular
health to improve our overall health and prevent a heart
attack.

For more information contact Lawrence LeVine at 847.867.8984
or cbs.mens.club.lawrence@gmail.com

Preparing for breakfast. Everyone in masks.



Our COVID-friendly buffet

Our buffet table: Individual creamer packets, fruit already in cups.



Our buffet table (2): Individually wrapped bagels and veggies (tomato/cucumber in one bag, onions in another), lox preportioned in cups.



A hybrid meeting

People enjoying the talk and breakfast in person



The attendees on Zoom

