



Suffolk County Medical Society
Suffolk Academy of Medicine
1767-14 Veterans Memorial Hwy
Islandia, New York 11749
Phone: 631-851-1400
Fax : 631-851-1212
email: scm2@optonline.net

Join Us As The
Suffolk County Medical Society
Presents

A PHYSICIANS WELLNESS EXPO
Saturday, November 18, 2017

12:00 pm - 4:00 pm

At the Historical Brush Barn
25A in Smithtown

Please Register at scms2@optonline.net or 631-851 1400

12:00: Welcome/Introduction

12:15-1:00: Gabrielle R. Chiamonte, PhD

Founding Director; The Stress Reduction Center at Long Island Behavioral Medicine, PC.

The Stress Reduction Center offers mindfulness-based interventions including Mindfulness-Based Stress Reduction course and Mindfulness-Based Cognitive Therapy (MBCT) to individuals and groups.

2:00-2:45: Bob Phillips

He is a certified personal trainer with over 25 years experience working with people of all ages on Long Island from young athletes and busy professionals to active seniors. He assists people get in shape and realize their health and fitness goals.

PLEASE WEAR COMFORTABLE CLOTHES AND VISIT WITH OUR HEALTH AND WELLNESS VENDORS.

Check in 12:00 pm