



Dr. Caldwell Esselstyn, Jr.

The Healthy Community Initiative is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. Based on the community health needs assessment and utilizing combined resources within our local communities, Healthy Community Initiative programs will be customized around three core areas: education, nutrition and physical activity.

Join us for a fun, educational event, planned just for you.

- When:** Tuesday, October 20, 2015
Time: 6:30 pm : Registration
7:00 pm: Caldwell Esselstyn, Jr. MD
8:00 pm: Mrs. Ann Crile Esselstyn
Where: Mayfield High School Auditorium
Cost: **FREE**, but registration is preferred

Join us as Dr. Esselstyn and Ann Crile Esselstyn present the advantages of a plant based diet. The groundbreaking program has proven that a change in diet can combat heart disease.

To register, please call 216-448-0085 or online at www.clevelandclinic.org/letsmoveit , under events calendar

