



**STONY BROOK
UNIVERSITY**

OLLI LECTURE SERIES PRESENTS:

DR. HAROLD FERNANDEZ

Wednesday, October 7, 2020

*Virtual via Zoom**

3:00 – 4:00 pm

TOPIC TO BE DISCUSSED:

PREVENTING A HEART ATTACK: BREATHING, EXERCISE, AND NUTRITION

Dr. Fernandez is a leading cardiothoracic surgeon in New York. He is the director of heart failure surgery for Northwell, and a professor of cardiothoracic surgery for the Hofstra/Northwell Zucker School of medicine. But today he will not be speaking about heart surgery. Instead, Dr. Fernandez will take you through a detailed explanation of the leading cause of death in America, cardiovascular disease. He will tell you what a heart attack is, the symptoms, the risk factors and how to diagnose it. But more importantly, he will let you know how to prevent a heart attack. He will also tell you, how you can begin to reverse the damage to your arteries, so you can feel well again. He will not be telling you about new medications, new stents or new surgical procedures, but instead, he will introduce you to simple life-changing habits, such as exercise, breathing, rest, and especially plant-based nutrition to help you eliminate the possibility that you will ever experience a heart attack. He is confident that after hearing this lecture, you will feel empowered to know that you can actually make a difference in your own life. In addition, he will also share his own personal journey to achieve a better balance of health in his life.



DR. HAROLD FERNANDEZ

Harold Fernandez lives in New York with his wife, Sandra, his daughter, Jasmine, and his son, Brandon. He is a heart surgeon, an author, an immigrant's rights advocate, and a vegan. He is a professor of cardiothoracic surgery for the Northwell-Hofstra School of Medicine. He completed his education at Princeton University, and Harvard Medical School.

To learn more about his work, you can visit his website at www.haroldfernandez.com.

***Join Zoom lecture:**

<https://stonybrook.zoom.us/j/93305587978?pwd=enZubzVIK1JYSjZkNzV6S0VDOWpBZz09>

Meeting ID: 933 0558 7978

Passcode: 693919

Dial in: 646-876-9923 US (New York)