

save the date! save the date! save the date!



Tuesday and Thursday programs are **FREE** and will be held on the Reba & Sam Sandler Family Campus of the Tidewater Jewish Community.

All Programs require registration.

LIVE for your health.
GIVE for a healthy community.

Sponsorship opportunities still available!

Jewish Family Service of Tidewater
260 Grayson Road
Virginia Beach, VA, 23462
757-321-2222

Preliminary schedule of events

Sunday, May 2, 2010
6th Annual Run, Roll or Stroll
8K, 5K, or 1 Mile Run/Walk
Neptune's Park, 31st Street
Virginia Beach Boardwalk

Tuesday, May 4, 2010
Ear 101: Hearing Loss
Throughout Life
Featured speaker:
Brad Kesser, MD, Assoc. Prof.,
Director,
Division of Otology/Neurotology,
UVA

Thursday, May 6, 2010
Nutrition for Life: A Panel
Discussion to
Feed Body & Mind

Featured panelists include:
Alan Ganderson, MD, AGAF
Gastroenterology, Ltd.
Beth Gerstein, MS, RD, CNSD
Sentara Clinical Nutrition
Department
Donald Richardson, MD
Strelitz Diabetes Center, EVMS
Stephen Wohlgemuth, MD
Sentara Metabolic & Weight Loss
Surgery Center
Panel to be followed by a healthy
cooking demonstration with **Phillip**
Craig Thomason, Chef/Owner,
Vintage Kitchen.