

# Integrating Heart, Body and Soul

## A HOLISTIC APPROACH TO CARDIOVASCULAR HEALTH



**Join us** to understand heart and brain health from a holistic perspective, taking into account the whole person, and the physical, mental, social and environmental factors that influence cardiovascular health. We will discuss current evidence about preventing heart disease and stroke, and how we can advocate for communities that support healthy lifestyles.

<b>Presenter</b>	Namratha R Kandula, MD, MPH
<b>Date</b>	Thursday, May 16, 2019
<b>Time</b>	Registration & Refreshments: 5:30 pm Presentation: 6–7 pm
<b>Location</b>	Holiday Inn North Shore 5300 W Touhy Ave, Skokie, IL 60077
<b>Cost</b>	Free. Space is limited.
<b>Registration Required</b>	To Michele Mangrum by May 10 773.508.1034 or michele.mangrum@cje.net

### **Namratha Kandula, MD, MPH**

Associate Professor of Medicine and Preventive Medicine  
Division of General Internal Medicine  
Co-Director, Center for Community Health  
Northwestern University,  
Feinberg School of Medicine Chicago



Namratha Kandula is a primary care physician, researcher, and Associate Professor of Medicine and Preventive Medicine at Northwestern University, Feinberg School of Medicine. Dr. Kandula's research is focused on designing and implementing effective health promotion interventions in partnership with communities, especially those that are impacted by social inequality.

**THE CJE ADVANTAGE:** Our many older adults, their families and caregivers can access CJE at different stages in their lives for a true continuum of care through life enrichment, supportive resources, healthcare, research and education.

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