

## Cardiovascular Health Disparities in the Black Community

Wednesday, February 28, 2024

7 pm to 8 pm

Virtual



Naa-Solo Tettey, EdD, MPH, MCHES



Matthew Jones, MD

Heart disease is the #1 killer of all adults in this country - and the risk for getting this disease is even higher for African Americans. According to the American Heart Association, historical and systemic factors like the lack of access to quality health care and healthy foods have been shown to play a role.

Join Naa-Solo Tettey, EdD, MPH, MCHES, Director of the HeartSmarts program at NewYork-Presbyterian, and Matthew Jones, MD, an Interventional Cardiologist at NewYork-Presbyterian Brooklyn Methodist, for an in-depth discussion on ways to address social determinants of health that are negatively affecting African Americans. You will learn about:

- The Status of Heart Health in the Black Community
- Heart Disease Risk Factors and Symptoms
- Strategies for Reducing Your Risk for Disease
- The Importance of a Plant-Centered Diet

This free virtual program is being offered in collaboration with the Peekskill and Port Chester/Rye branches of the NAACP. All are welcome to attend, and pre-registration is required. This program will be available in both English and Spanish.

**Pre-registration is required. Click [here](#) to register.**

