



## **Hadassah Health Night 2012**

### **“Optimizing Your Health”**

**Thursday, February 16, 2012**

**7-9 pm at Temple Israel**

**Free and Open to the Public**

The Charlotte Chapter of Hadassah presents the annual Hadassah Health Night on Thursday, February 16, 2012 from 7-9 pm. This event is offered without charge to the whole community. Hadassah is building a new hospital in Israel– The Sarah Wetsman Davidson Tower (pictured above).

This hospital will open in 2012, a fantastic celebration of Hadassah’s 100<sup>th</sup> anniversary.

Charlotte Hadassah’s 2012 Health Program is dedicated to the Tower. There will be information about the Tower, a raffle for a Tower necklace, and the opportunity to make your donation to the Tower Fund.

**This year’s presenters:**

- **Dr. Michael Duffy**, Greenapple Sports and Wellness Center - Dr. Duffy has both his D.C. and PhD. He specializes in performance and health promotion with elite athletes.
- **Dr. Susan Esther**, Medical Director of the Sleep Center at SouthPark, part of CEENTA - Dr. Ester is the immediate past president of the American Academy of Sleep Medicine. She has a special interest in Women and Sleep.
- **Dr. Marshall Silverman**, Signature Healthcare - Dr. Silverman is interested in helping adults optimize their health and extend their “Healthspan” as well as their lifespan.

Important Health Disclaimer

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