

Please join the **JCCP/CBT Sisterhood** for an **IMPORTANT** program about our health

## **“We Are Not Getting Older – We Are Only Getting Better!”**

Featuring **Dr. Galit Steinberg**, a gynecologist and functional medicine specialist at Englewood Health

**Sunday, March 7 at 10 am via Zoom**



Dr. Steinberg will talk about women’s health issues in the age of COVID-19. Her talk will focus on what we need to do to stay healthy. Do we risk having that colonoscopy during COVID? Can we put off mammograms? Physicals? What vitamins should we be taking? What foods should we avoid? We’ve all been concerned about the right steps to take.

**RSVP to Lori Cohen at [loricohen514@gmail.com](mailto:loricohen514@gmail.com).**

**Submit your questions to her by March 2.**

**Please plan on attending this important and timely program.**

**Watch for the Zoom link!**

Dr. Steinberg is board certified in obstetrics and gynecology. Her primary clinical focus is general gynecology, and all aspects of women’s health. She is especially interested in functional health and wellness, preventive women’s health, pre-pregnancy health optimization, postmenopausal hormone stabilization, and chronic gynecological conditions. Dr. Steinberg is a fellow of the American College of Obstetricians and Gynecologists and a member of the Institute for Functional Medicine. In addition to English, she is fluent in Hebrew, and she has a working knowledge of Polish and Spanish.