

# REGISTRATION



## 1st Annual SPRING CITY WIDE MULTIDISCIPLINARY PLEA OF GRNY BREAST CANCER & HEALTH SEMINAR IN the INNER CITY

*"Physician founded for laypeople and in honor of laypeople."*

**Saturday, April 13, 2019**

Staybridge Suites Rochester University  
1000 Genesee Street  
Rochester, NY 14611

**All Registration will close  
March 31, 2019.**

Free Admission. Seating is limited to 100.  
Written registration must arrive, by US mail, no later  
than March 31, 2019.  
No registration will be accepted after this date.  
E mail registrations not accepted.

### REGISTRATION INFORMATION

Name \_\_\_\_\_

Specialty \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

PRSRST STD  
US POSTAGE  
**PAID**  
ROCHESTER, NY  
PERMIT NO. 14

Ruby L. Belton, M.D.  
P.O. Box 20545  
Rochester, New York 14602



**1st Annual CITY WIDE  
SPRING  
MULTIDISCIPLINARY PLEA OF GRNY  
BREAST CANCER & HEALTH SEMINAR  
IN the INNER CITY**



&  
Rochester Genesee Valley  
Club NANBPWC INC

Proudly Presents

**1st Annual  
SPRING  
CITY WIDE  
MULTIDISCIPLINARY  
PLEA OF GRNY  
BREAST CANCER  
& HEALTH SEMINAR  
IN the INNER CITY**

**APRIL 13, 2019**

**FREE ADMISSION & BREAKFAST | 9:00AM – 1:00PM  
STAYBRIDGE SUITES ROCHESTER UNIVERSITY**

### THEME:

Spirituality, Knowledge, Nutrition,  
Activity, Early Detection and  
Treatment": The Keys to Survival



# ABOUT THE SEMINAR

2019 Message from your President:

## WELCOME

By the end of the Seminar you will understand what PLEA of GRNY means when we say:

- “Doctors Treat and Doctors Must Teach.”
- “Spirituality, Knowledge, Nutrition, Activity, Early Detection and Treatment are the Keys to Our Survival.”
- PLEA = Positivity, Love, Encouragement and Admiration. Relax, enjoy, be comfortable, happy and learn.

Douglas Belton MD, MBA | President PLEA of GRNY

# GOALS OF THE SEMINAR

By the end of the seminar you will be able to discuss:

1. The link between Vitamin D deficiency and breast cancer. Recommended blood levels of Vitamin D and how to work with your doctor regarding supplements and food consumption to help you reach the appropriate value needed for cancer prevention.
2. The association between ethnicity, Vitamin D deficiency, obesity, most common cancers, most common chronic diseases and how to cut your odds.
3. The health benefits of Mind, Body, and Soul through Yoga.
4. The value of exercise in reducing cancer causing free radicals.
5. The value of mammography.



# PROGRAM

## 2019

## PLEA of GRNY

### 1<sup>st</sup> Spring Breakfast Health Seminar

*“It’s All About Knowledge and Some Things You Need to Know to Help Yourself.”*

Moderator: **Marguerite Dynski, M.D., SSJ**

- 9:00AM - 10:00AM** Breakfast
- 10:00AM - 10:10AM** Welcome Ms. Martha Hope & Ms. Midge Thomas
- 10:10AM - 10:40AM** The Link between Vitamin D Deficiency, Breast Cancer and You  
Kristin Skinner, M.D.
- 10:40AM - 11:00AM** Ethnicity, Vitamin D Deficiency and Cancers  
Ruby Belton, M.D.
- 11:00AM-11:15AM** Yoga & You: Mind, Body & Soul  
Ms. Linda Sardisco, Licensed Yoga Instructor
- 11:15AM - 11:40PM** Exercise & Free Radicals  
Calvin Cole, Ph.D.
- 11:40AM-12:10PM** Mammography: Everything You Need to Know and then Some  
Kamal Kothari, M.D.
- 12:10PM - 12:45PM** Question & Answer
- 12:45AM-1:00PM** Closing Remarks  
Marguerite Dynski, M.D., SSJ & Ruby Belton, M.D.

# STATEMENTS

For more information, please visit us at:  
[pleaofgrny.org](http://pleaofgrny.org)

Visit us on:



### WHO SHOULD ATTEND:

Laypeople, Physicians, Physicians in training, Nurse Practitioners, Physicians Assistants, Technologists, Nurses, College Students, Medical Students.

### DISCLAIMER:

Before making any changes in your exercise program or diet, please talk to your doctor. If you have a medical complaint that you are concerned about, please talk to your doctor.

PLEA of GRNY :

1. Is not responsible for any complications, illness, disease or anything else in connection with material presented.
2. Is not endorsing or recommending any specific diet or dietary changes or exercise program.
3. Has done it's best to present some of the most up to date knowledge on any and all information presented as it relates to the relationship of obesity, nutrition, the importance of physical activity and chronic diseases including cancer.
4. Is not responsible for nor endorsing any printed material content from references or research in connection with Nutrition, Obesity, Vitamin D, cancer or other Chronic diseases.

PLEA of GRNY is here to educate to hopefully make for a healthier you.  
Remember: Your care is still in the hands of you and your doctor.

