

FOR IMMEDIATE RELEASE

May 15, 2007

SPECIALIST TO TALK ABOUT MEDICAL RISKS OF OBESITY
Talk is part of a program on “Steps to a Healthier Lifestyle for All Ages”

An internationally recognized obesity specialist will discuss how the disease increases the risk of developing diabetes, cardiovascular disease and some cancers as part of a program on “Steps to a Healthier Lifestyle for all Ages” on **May 22** in White Plains.

Dr. Louis J. Aronne will also discuss ways people can control their weight in his presentation on “Healthy Lifestyles – Enjoy the Difference.”

Dr. Aronne is a clinical professor of medicine at Weill-Cornell Medical College in White Plains and director of its multidisciplinary research and treatment Comprehensive Weight Control Program. He has an adjunct appointment at the Columbia University Medical College.

He is a past president of the North American Association for the Study of Obesity, and author of “Weigh Less, Live Longer,” now in its second printing.

The event is part of Westchester County Executive Andy Spano’s “Be Fit Westchester” anti-obesity campaign. Spano will speak at the program, which will take place from **8:30 a.m. to 12:30 p.m. at the YWCA of White Plains and Central Westchester, 515 North St., White Plains.**

Commissioner Mae Carpenter of the Westchester County Department of Senior Programs and Services (DSPS) will deliver welcoming remarks.

In addition, Dr. Michael M. Silver, a specialist in cardiology and internal medicine at The Westchester Medical Group in White Plains, will talk about “Living a Heart-Healthy Lifestyle.” Registered dietitian Linda Arpino, president of Life Focus Nutrition Centers in Rye Brook and Scarsdale and a motivational speaker, will

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discuss “Eat Fit and Be Fit.”

“Fitness for Life” will be the topic presented by Dr. Robert G. Silverman, a certified nutritional specialist and a chiropractor.

Dr. Cheryl Archbald, deputy commissioner of the Division of Community Health in the Westchester County Department of Health, will moderate a question and answer session and deliver closing remarks.

The program is being presented by the Health and Wellness Coalition of DSPPS in partnership with the Westchester County Department of Health.

Other sponsors are the Westchester Medical Group, the American Diabetes Association, the American Cancer Society, the American Heart Association, White Plains Hospital Center and the YWCA of White Plains and Central Westchester.

Registered dietitian Ann Darcy, coordinator of DSPPS’ Nutrition, Health and Wellness Program, will introduce the speakers.

Admission is free, but **reservations are required by May 18**. For reservations, email your name and telephone number to Mary Goldblatt at DSPPS at msg4@westchestergov.com or send her a fax at (914) 813-6399.

Health and wellness organizations from throughout Westchester will provide educational materials and information about their services at the program. A continental breakfast will be served. For more information, call (914) 813-6423.