



**DOWNSTATE**  
HEALTH SCIENCES UNIVERSITY

**3RD DOWNSTATE PLANT-BASED HEALTH AND NUTRITION CONFERENCE**



**Lifestyle Interventions for Optimal Outcomes in Diabetes and Prediabetes**

**MAY 10, 2024**

**Alumni Auditorium  
395 Lenox Road  
Brooklyn, NY 11203**

**8:30 AM - 4:30 PM**

**KEYNOTE SPEAKER**  
**Beth Frates, MD, FACLM, DipABLM**  
President, American College of Lifestyle Medicine

- Learn how lifestyle interventions can prevent, treat, and achieve remission for Type 2 Diabetes
- Inspire your patients and clients to make and sustain positive lifestyle changes
- Network with experts, organizations, and national leaders in a fast-paced, small group session
- Enjoy a delicious and nutritious plant-based breakfast and lunch
- Obtain CME or CEU credits, if desired

Scan for more info and to register:



Conference Chair, Elizabeth P. Helzner, PhD, MS, DipACLM  
Conference Co-Chair, Richard M. Rosenfeld, MD, MPH, MBA, DipABLM  
Sponsored with generous support from the UHB Medical & Dental Staff, SUNY Downstate HSU President's Office, and Richard M. Rosenfeld

