

# Exercise is Medicine

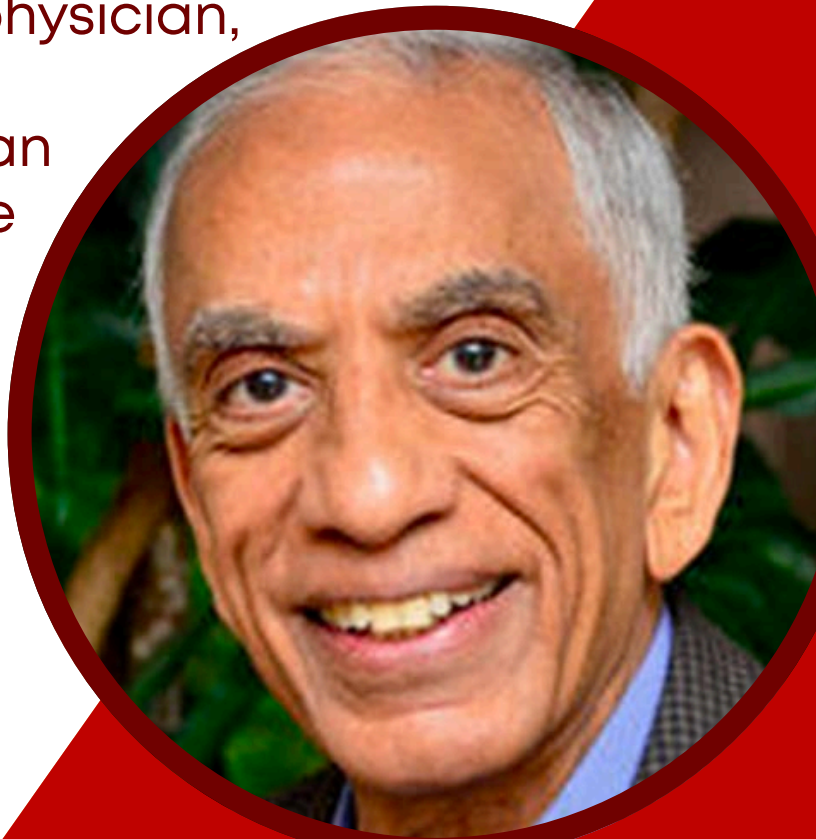
**OCTOBER 7th; 5:30 pm**  
**Merrill Hall; Room B 10**

## **Movement is Medicine: Integrating Nutrition and Kinesiology for Cardiovascular Wellness**

Hear practicing resurgent physician, open heart bypass surgery survivor, and septuagenarian athlete, Dr. Akil Taher, bridge the crucial gap between physical activity, dietary choices, and profound cardiovascular health.



Our Website  
[www.jsu.edu/urec/eim](http://www.jsu.edu/urec/eim)



**Dr. Akil Taher**

