



WELCOME TO

HARVEST of Health

A day dedicated to **YOUR HEALTH!**

Saturday
October 26, 2019
10 am - 3 pm

Finger Lakes Community College
3325 Marvin Sands Drive
Canandaigua

SCHEDULE

10:00-11:00 Registration/Exhibitors/Refreshments

11:00-11:45

- **Advances in Abdominal Surgery:
Welcome to the Robotic Age**
A. David Peter, MD

or

- **Understanding Your Eyes**
Carol Marx, LDO, FCLSA

Room

Stage 14

Café

11:45-12:00

Break/Exhibitors/Refreshments

12:00-12:45

- **Concussion Recognition and Care**
Mark Mirabelli, MD

or

- **How to Be a Sugar Detective:
Reduce Your Added Sugars**
Linda Rowsick, RD, CD-N

Room

Stage 14

Café

12:45-1:00

Break/Exhibitors/Refreshments

1:00-1:45

Key Note Speaker

- **Strategies for Well-being and Resilience**
Kristen Fragnoli, MA, CPC

Room

Stage 14

1:45-2:00

Break/Exhibitors/Refreshments

2:00-2:45

- **Gynecologic Care and You...
Answers for All Ages**
Laura K. Price, MD

Room

Café

**Continental breakfast served from 10-11:30 a.m.
Harvest Healthy lunch served from 12-2 p.m.**

SPEAKERS



Kristen Fragnoli, MA, CPC - Featured Speaker

Strategies for Well-being and Resilience

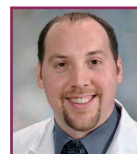
Kristen Fragnoli is a Certified Professional Coach with a Master's Degree in Human Communication and three decades of experience as a leader, facilitator, teacher and speaker. She understands the many stressors we all face in our lives and will provide strategies to reduce stress as well as ideas on how to balance all that life demands. Her interactive presentation will also help the audience understand the body's stress response as she introduces the concept of mindfulness and a number of ways in which to enhance well-being.



Dr. A. David Peter, Director of the Robotic Surgery Center of Excellence, F.F. Thompson Hospital, and Co-Director of the Hernia Surgery Center of Excellence, F.F. Thompson Hospital, specializes in general surgery practicing at Advanced Surgical Services, part of F.F. Thompson Hospital. Dr. Peter, who regularly lectures about the advantages of robotic surgery, received his medical degree from Indiana University School of Medicine.



Carol Marx, LDO, FCLSA, began her work in eye care in 1972 after completing her degree, Applied Science of Ophthalmic Dispensing, and was recently recognized with a Lifetime Achievement Award from New York State Society of Opticians, Inc. Marx is a member of the Contact Lens Society of America, where she was named a Fellow, and the New York State Society of Opticians. She helps to deliver state-of-the-art eye care services at The Eye Care Center in Canandaigua, Geneva and Newark.



Dr. Mark Mirabelli is a board certified and fellowship trained primary care sports medicine physician. He graduated from Cornell University and New York Medical College and completed the Primary Care Sports Medicine Fellowship at the Cleveland Clinic where he was the team physician for several professional teams. He manages the entire spectrum of musculoskeletal problems in his practice at University Orthopaedics.



Linda Rowsick, RD, CD-N, received her Bachelor of Science degree from the University of Delaware and holds a certificate from Cornell University in Plant-based Nutrition. Linda is currently the Nutrition Clinical Coordinator at Thompson Health after having worked at the Finger Lakes Visiting Nurse Service, E.J. Noble Hospital and Monroe Community College, as an adjunct professor.



Dr. Laura K. Price, an obstetrician/gynecologist, recently joined the staff at UR Medicine Thompson Health. Dr. Price received her medical degree from St. Matthews University, Grand Cayman and holds a Master's Degree in Business Administration from Davenport University, Grand Rapids, MI. Dr. Price is currently accepting new patients in her Canandaigua office.