On the Art of Healthy Aging

Małgorzata Piszcz-Connelly
MD, FACP, Internist



When: February 18, 2024 at 3 PM

Where: Associated Polish Home (Dom Polski), 9150 Academy Road, Philadelphia, PA 19114

Free admission

Join us for the lecture, with pączki and coffee!

About the Lecture

Everyone's dream is to live a long and healthy life. Fulfilling such a dream is not only a matter of inheriting good genes, but more than once thought, it is a matter of lifestyle, choices and decisions that can add or subtract years of healthy life. The lecture will be a discussion of many fascinating issues related to this topic.

About the Lecturer

Dr. Malgorzata Piszcz-Connelly, born in Bydgoszcz, graduated from the Medical Academy in Gdańsk. She is board certified in internal medicine and a member of the Wilderness Medical Society. She runs her own clinic, Millville Medical Center. Her additional interest is a treatment adjunct to conventional therapies - diet and herbal medicines.