

A fascinating heart health  
program with Adath Israel Congregation



COULD WRAPPING TEFILLIN PREVENT  
HEART ATTACKS IN WOMEN?

Women & Tefillin

WITH GUEST SPEAKER  
DR. JACK RUBINSTEIN, MD  
Cardiologist, University of Cincinnati



## Women and Tefillin: A Heart Health Study with Dr. Jack Rubinstein, MD

### Description

Dr. Jack Rubinstein, MD, Associate Professor of Medicine at the University of Cincinnati, recently conducted a groundbreaking study revealing that wrapping the straps of tefillin around the arm daily may play a role in preventing heart attacks.

The Adath Israel Congregation has invited North Avondale residents to attend this special event featuring Dr. Rubinstein on Tuesday, January 30, 2024.

The agenda includes:

- Delving into the results of Dr. Rubenstein's study that was published last month in the American Journal of Physiology-Heart and Circulatory Physiology.
- Exploring the intriguing connection between this practice, heart health, and the potential to help prevent heart attacks in women.
- Rabbi Smolkin will share insights on the halakhah of women wearing tefillin.

Click here to [RSVP](#),

- Date: Tuesday, January 30, 2024
- Time: 7:30pm - 8:30pm
- Location: Adath Israel Congregation

This program is in-person only, and everyone is welcome. Don't miss this enlightening program!

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**Women & Tefillin**

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**DR. JACK RUBINSTEIN, MD**

*Cardiologist, University of Cincinnati*



**EXPLORE & DISCUSS  
WITH DR. RUBINSTEIN & RABBI SMOLKIN**

- Open to all interested people
- Rabbi Smolkin will teach about women's participation in prayer
- Explore Dr. Rubinstein's study in *American Journal of Physiology: Circulatory Physiology*

**TUESDAY, JANUARY 14, 2025**

**7:00 PM - 8:00 PM**

**Date Created**

January 5, 2024

**Author**

northavondale

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