

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

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

TUESDAY, JANUARY 10, 7:00 PM

Date Created

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Author

northavondale

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