

## Families Cook Around the World



### **Please join us for a cooking demonstration and wellness event highlighting the flavors of spring!**

#### **Jane Maksoud, RN, MPA**

Senior Vice President and Chief Human Resources Officer  
Mount Sinai Health System

#### **Evan Flatow, MD**

President, Mount Sinai West  
Lasker Professor of Orthopedic Surgery

**Copies of our 2018 cookbook and free samples of prepared  
recipes will be available for attendees**

**Thursday, April 18, 2019**

**12 pm to 12:30 pm**

One West Restaurant  
Seating Area  
Mount Sinai West

For information about Epicured, a healthy meal  
delivery service, please visit <http://epicured.com/mountsinai>

To discover more wellness services, please visit  
[www.mountsinai.org/mswellness](http://www.mountsinai.org/mswellness)