



RUBENSTEIN PUBLIC RELATIONS, INC.

DR FISCHER
THE PARK AVENUE DIET



LECTURES/AUTHORS

Inside Admissions with Bruce Breimer

Wednesday, February 4

Reception 6:30 pm

Lecture 7:00 pm

In today's ultra competitive world of college admissions it is always important to have a leg up on the competition and learn the tricks of getting your child into the best college. Mr. Bruce Breimer will talk about the process and answer questions on what is needed to get into the best universities.

A 1963 graduate of Collegiate School and a 1967 graduate of Yale University, Mr. Breimer served his secondary school alma mater in a variety of ways during his 37-year career on the faculty. Throughout his lengthy tenure, Mr. Breimer's primary responsibility was his position as Director of College Guidance.

Cost: Free



The Park Avenue Diet

Wednesday, February 25, 6:30 pm

Join Dr. Stuart Fischer, MD, author of *The Park Avenue Diet*, and contributor Tinsley Mortimer as they discuss this revolutionary lifestyle makeover. *The Park Avenue Diet* is a life-changing program that addresses beauty, etiquette, poise, fitness, food, and fashion. The plan integrates both the physical and psychological aspects of image improvement to achieve long-term lasting results.

The book reveals the secrets to success with advice from esteemed psychologist Dr. Stanley Krippner; hair styling tips from Joel Warren; recommendations on how to enhance your social skills by Tinsley Mortimer, and more. Author Dr. Stuart Fischer developed his unique approach to weight loss after decades of experience in internal medicine, emergency medicine, and nutrition.

This event was coordinated by Program Committee member Alan Segan.

Cost: Free