



**RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)**  
**Invites you to its meeting, November 29, 2023 at 11 am at**  
**First Presbyterian Church, 1 West Putnam Ave., Greenwich, CT.**  
**The program will also be shown on Webinar: <https://bit.ly/30IBj21>**

## **Dr. Joseph Feuerstein**

### **“Cannabinoids”**



In this interactive presentation, Dr. Joseph Feuerstein will discuss the endocannabinoid system, what common, healthy foods and spices to use to energize the system in different ways, and the research on the cascade effect. There will also be videos demonstrating cooking tips of how to prepare two cannabinoid-rich and delicious recipes.

Dr. Feuerstein graduated from the University of London and Cambridge University and did his family medicine residency training at Columbia University and Fellowship training at the University of Arizona. He is an assistant professor of clinical medicine at Columbia University and Quinnipiac University School of Medicine. He has authored and presented more than 30 peer review articles and conference presentations in the area of integrative medicine.

He is co-host of the internet show "Condition Kitchen" with international celebrity chef Daniel Green, with whom he co-authored "The Cannabinoid Cookbook," and is the author of the book, "Dr. Joe's Man Diet."

**Our next speaker, on December 6, will be Dr. Cynthia MacKay, Clinical Professor of Ophthalmology, Columbia Presbyterian College of Physicians and Surgeons, Emeritus, on “What You Need to Know About Your Cataract”**

*The Greenwich Retired Men’s Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at **10:40 am** followed promptly by our presentation at **11:00 am**. Programs are at the First Presbyterian Church, 1 West Putnam Ave. in Greenwich. For additional information see [www.greenwichrma.org](http://www.greenwichrma.org).*