

The Blum Center & Slavin Academy Education Series

Be Heart Smart: Lifestyle Changes for Heart Health



Heart disease is the leading cause of death for men and women. In recognition of Heart Month, join Dr. Romit Bhattacharya to learn strategies to improve your heart health with a focus on lifestyle behaviors at home. There will be plenty of time for participants to ask questions.

Date: Wednesday, February 26, 2025

Time: 12:00 PM – 1:00 PM

Location: Blum Center
White 110

This program is free and open to Mass General patients, families, staff, and the general public.

Space is limited on a first come, first served basis. No registration is needed.

For more information, call the Blum Center at 617-724-7352 or email PFLLC@partners.org



Featured Speaker: Romit Bhattacharya, MD

Dr. Bhattacharya is a general and preventive cardiologist (heart doctor) at the Massachusetts General Hospital. He is also an Instructor in Medicine at Harvard Medical School, an affiliated researcher at the Broad Institute of Harvard and MIT, and the Associate Director of the Cardiac Lifestyle Program at Mass General. Dr. Bhattacharya's research focuses on comprehensive cardiometabolic risk profiling using a combination of genomic risk and lifestyle risk factors. He also studies novel digital technologies as tools to characterize lifestyle behaviors and to help patients manage disease and health promoting behaviors at home.



Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

