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THE GUILD OF ST. FRANCIS HOSPITAL

Heart To Heart Luncheon



Wear Red For Women's Heart Health
Thursday, January 29, 2026



Chef Robert Graham, MD, MPH
Global leader in the fields of
Integrative, Functional and Culinary Medicine.

Dr. Robert Graham, MD, MPH—known as “Dr. Rob, the Chef”—is a global leader in Integrative, Functional and Culinary Medicine. A Harvard-trained physician, researcher, public health scientist, TEDx speaker and chef, he is board certified in both Internal and Integrative Medicine. For over 20 years, Dr. Graham has pioneered the integration of food and lifestyle into medical care. Together with his wife, Julie, he co-founded FRESH Medicine, based on the five ingredients of health: Food, Relaxation, Exercise, Sleep, and Happiness. He holds a Master’s in Public Health from the Harvard School of Public Health, completed multiple Harvard fellowships in Internal Medicine and Integrative Therapies, and earned his culinary degree from the Natural Gourmet Institute in New York.

A passionate advocate for “food as medicine,” Dr. Graham is recognized internationally for his expertise in culinary medicine, nutrition and lifestyle-based care for chronic conditions such as diabetes, hypertension, obesity, autoimmune disease and mental health disorders. Beyond his clinical work, he has taught over 1,000 healthcare professionals to cook whole food, plant-based meals and created the first edible rooftop garden at a New York City hospital. Now serving as the Inaugural Medical Director of Integrative Medicine and Optimal Health at Catholic Health, Dr. Graham aims to transform the traditional sick-care system into a true health-care model—one that prioritizes evidence-based, integrative and functional approaches to wellness.

THE GUILD OF ST. FRANCIS HOSPITAL FOUNDATION
CORDIALLY INVITES YOU TO
WEAR RED FOR WOMEN’S HEALTH
AND ATTEND THE

Heart to Heart Luncheon

Featuring a presentation by:

Chef Robert Graham, MD, MPH

Inaugural Medical Director of Integrative Medicine
and Optimal Health at Catholic Health

Thursday, January 29, 2026

11:00 a.m.

Manhasset Bay Yacht Club

455 Main Street

Port Washington, New York

There will be an “ask the doctor” session
following the presentation.

Exciting and new boutique vendors!

The Guild of St. Francis Hospital
100 Port Washington Boulevard
Roslyn, NY 11576

First Class
U.S. Postage
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Heart to Heart Luncheon

The Guild of St. Francis Hospital
100 Port Washington Boulevard
Roslyn, NY 11576

The Guild Response Card

Seating is limited. Please reserve early.

Please Respond By January 9, 2026

Please reserve _____ tickets at \$135 each

I cannot attend. Enclosed is my contribution of \$ _____

My Guests are:

I wish to be seated with:

Name _____

Billing Address _____

City _____ State _____ Zip _____

Telephone _____

Email* _____

Enclosed is my payment of \$ _____

Method of payment ☐ CHECK ☐ VISA ☐ MASTERCARD ☐ AMEX

Card Number _____ Exp. Date _____

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Credit card payment may be faxed to 516.629.2054 and call 516.629.2048 to confirm receipt of fax.

*Please make checks payable to The Guild of St. Francis Hospital and return to:
100 Port Washington Boulevard • Roslyn, NY 11576*

Contributions are tax deductible to the extent permitted by law.

*** Please include your email so we can send event updates**