



# SYMPOSIUM

Presented by Aspen Valley Hospital Foundation

## The Future of Health & Longevity Medicine: Making Personal Health Decisions in the Era of Information Overload

Keynote  
Address



Friday, March 8

Aspen Institute Campus | Doerr-Hosier Center | Valet Parking Provided

With Dr. Paul Grewal, Founder and Chief Medical Officer of Curia Health and co-author of the *New York Times* best-selling book *Genius Foods*

5:00 pm - Cocktail Reception with AVH Doctors

6:30 pm - Keynote Address by Dr. Paul Grewal

## Breakout Sessions

Saturday, March 9 | 1:00-5:00 pm

Aspen Institute Campus | Koch Seminar Building

Attend Up  
to Four

### Aspen Emergency Medicine: What to Expect When the Unexpected Occurs



Dr. Catherine Bernard,  
AVH Chief Medical  
Officer & Emergency  
Dept. Physician



Dr. Nathalia Dolan,  
AVH Emergency  
Dept.

### Breast Cancer Screening: New Recommendations and a More Individualized Approach



Dr. Benjamin Sacks,  
Radiology Imaging  
Associates

### Longevity Through Heart Health: Live Stronger Longer



Dr. Rebecca Laird,  
AVH Cardiology

### Joint Health in the Context of Healthspan



Dr. Joseph Ruzbarsky,  
Steadman Clinic Knee, Shoulder,  
Elbow & Hip Specialist

### Pain is Inevitable, Suffering is Optional: Bridging Cellular and Central Mechanisms to Enhance Quality of Life



Dr. Dustin Anderson,  
Steadman Clinic Physical Medicine  
& Rehabilitation Pain Medicine

### Advancing Health with Advanced Technology: Robotic Surgery at AVH

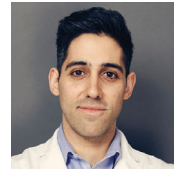


Dr. Christopher Roseberry,  
AVH Trauma Medical Director  
& Chief of Medical Staff



Dr. Stuart Kinsella,  
Steadman Clinic Spine,  
Neck & Back Specialist

### Answering Your Questions About Longevity Medicine



Dr. Paul Grewal,  
Keynote Speaker

Host Committee Chairs: Cori & Seth Berger and Lisa & Bill Guth

Host Committee:

Jayne & Jarett Banks  
Barbara & Bruce Berger  
Michele & Jim Cardamone  
Chris & Stan Cheo  
Tony DiLucia

Nathalia & Will Dolan  
Bill Fabrocini  
Emily & Teddy Farrell  
Angelina & Ryan Freedman  
Rachel & Ephi Gildor

Molly & Will Gilmore  
Lyndsey & Eric Haynie  
Mel & Adam Lewis  
Meredith Loring & Sami Inkinen  
Nancy Magoon

Jennifer & David Millstone  
Mackenzie & Tim Morgan  
Luky Seymour  
Jill Shore & Jim Rothschild  
Sara & Nat Zilkha

*Elevate Your Health: Spotlight on Longevity*

### Tickets and Info

\$500 - Full Weekend and All Events

\$350 - Friday Cocktail Reception and Keynote Address Only

\$150 - Saturday Breakout Sessions Only

For questions: Amy Pendarvis, 970.544.1126, [apendarvis@aspenhospital.org](mailto:apendarvis@aspenhospital.org)



ASPEN VALLEY  
HOSPITAL FOUNDATION

*Giving for our Community's Health*