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## **SENIORS COMMITTEE, MCC**

**Presents**

### **MONTHLY SENIORS MEETING**

## **TOPIC: DODGE YOUR BIGGEST HEALTH RISKS**

Here are the deadliest threats to people in their 50s, and how to keep them from catching up with you

### **SPEAKER: DR.ASHRAF SUFI**

**DATE: SATURDAY, FEBRUARY 15**

**TIME: 1.00 TO 2.30 PM**

**Ashraf Sufi, M.D., is a semi- retired gastroenterologist . He practiced internal medicine and gastroenterology for 55 years. He started as a solo physician before forming a large multispecialty group in Topeka, Kansas, where he stayed for thirty-two years. He was the President of the Islamic Medical Association of North America ( IMANA ). He is one of the founding members of Islamic Society of North America ( ISNA ).**

**The family moved to Rockville, MD in 2009. Currently, He is involved with Interfaith Organizations and is the chair of Interfaith Committee of Muslim Community Center ( MCC ) . He was the President of the Board of Directors of MCC in 2021-22 . Presently, he volunteers at MCC Medical Clinic in the field of Gastroenterology. He is married to Dr. Qaiser Sufi ( Retired Pathologist ) and has three children and eight grandchildren. He is the author of the Book ( Struggles of an Immigrant ) published in 2021 and is available on Amazon.**

**Light Refreshment will be provided:**