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NEWS

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FOR IMMEDIATE RELEASE

Wilton Library and Western Connecticut Health Network Health Literacy Series

Health Questions Answered by Experts at Wilton Library Jan. 25

Wilton, CT – Bring your health and wellness questions to the next program in the “Get Well, Stay Well” Health Literacy Series presented by Wilton Library and Western Connecticut Health Network. The program, “*Ask the Medical Experts – Be Your Best in 2018*,” will take place on Thursday, January 25 at 7:00 p.m. at the Wilton Library.

“We find that those attending our popular health literacy series always have so many excellent questions of the guest speakers,” said Elaine Tai-Lauria, executive director of the Wilton Library. “Therefore, this program’s unique format will offer an opportunity for participants to privately ‘Ask the Experts’ general health questions,” she added.

The featured guests are Dr. Ruth Christoforetti, a family medicine physician with Western Connecticut Medical Group; Dana Fulton, PT, clinical specialist, Outpatient Rehabilitation Services of Norwalk Hospital; Dr. Thomas Ayoub, chief of the Norwalk Hospital Medical Staff and an obstetrician and gynecologist; and Esla Aminlewis, CNM, MSN, senior midwife at Norwalk Hospital/Western Connecticut Health Network.

Dr. Saras Nair, trustee of the Wilton Library and a member of the Norwalk Hospital Medical Staff, explained that following her introduction of the guests, each of the health experts will make a few comments; then, participants will have the opportunity to ask their questions.

Ask the Health Experts

Prior to joining Western Connecticut Medical Group in March, 2017, **Ruth Christoforetti, MD**, was with Montefiore Medical Center in Bronx, NY. She was an Assistant Professor of the Residency Program in Family and Social Medicine. She was previously with Montefiore Hospital/Children’s Health Fund, working with the Department of Community Pediatrics Programs: New York Children’s Health Project (NYCHP). Dr. Christoforetti completed her internship and residency in family and social medicine at Montefiore Medical Center/Albert Einstein College of Medicine, where she served as Chief Resident, Family and Social Medicine. She was also the recipient of the Chairman’s Award for Distinction

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in Research at Montefiore Residency Program in Family and Social Medicine. She received her MD degree from Georgetown University School of Medicine and her BA degree in Psychology from the University of Notre Dame. Board certified by the American Board of Family Medicine, Dr. Christoforetti is certified in Basic Life Support. She is a member of the American Academy of Family Physicians.

Thomas Ayoub, MD, a three-time designee of Top Docs in Obstetrics and Gynecology by Connecticut Magazine, is the chief of the Medical Staff at Norwalk Hospital. He received his undergraduate degree from New York University. He earned his medical degree in 1984, and completed his internship at New York University, Bellevue Hospital, where he also completed his obstetrics and gynecologic training. Dr. Ayoub is certified by the American Board of Obstetrics and Gynecology and is also certified as a Menopause Practitioner by the North American Menopause Society. He is in practice with Women's Health Care of New England.

Dana Fulton, MSPT, graduated from Fairfield University with a Bachelor of Science degree. She attended Sacred Heart University where she obtained her Masters of Science in Physical Therapy degree. Before focusing on pelvic health dysfunction in both men and women, she worked extensively in various settings including acute care, subacute, homecare, aquatics and outpatient orthopedics. She currently treats patients at the outpatient rehabilitation facility at Western Connecticut Health Network/Norwalk Hospital.

Esla Aminlewis, CNM, MSN, is the Senior Midwife at Norwalk Hospital/Western Connecticut Health Network and leads the practice of four midwives. She has been a midwife since 1989. She holds degrees from H. Lehman College, Rutgers University and State University of New York at Stony Brook. In the early years of her career development, Esla was taught the basic tenets of traditional nurse midwifery from her mother, who is now retired. Esla used her mother's almost artisan approach to midwifery as a foundation, and enhanced it alongside some of the contemporary greats of the midwifery profession at North-Central Bronx Hospital before coming to Norwalk in 1995. She has been an outstanding Nurse-Midwife for over 28 years. Her uncompromising goal of providing superior care to all of her patients, regardless of circumstances, is what defines and ultimately drives her. She serves on many committees that aid in improving quality care for the diverse population of Norwalk and its surrounding towns. She also serves as an Adjunct Faculty member for various universities and precepts midwifery, Medical, PA and Nursing students. Even with her busy schedule, she travels yearly to Guatemala with Sacred Heart University's Nursing Student doing missionary work.

About Western Connecticut Health Network

WCHN is the region's premier, patient-centered health care organization serving residents of Western Connecticut and adjacent New York. The organization is anchored by three nationally recognized hospitals, [Danbury Hospital](#), [New Milford Hospital](#) and [Norwalk Hospital](#), and their affiliated organizations. The continuum of care offered includes numerous medical practices and sub-specialties across the region, home health care services, a nationally renowned biomedical research institute, the [Danbury Hospital & New Milford Hospital Foundation](#), the [Norwalk Hospital Foundation](#) and other affiliates. For more information, visit [WCHN.org](#). Share your comments with us at [Facebook.com/DanburyHospital](#); [Facebook.com/NewMilfordHospital](#) and/or [Facebook.com/NorwalkHospital](#).

About Wilton Library

The Wilton Library Association (WLA) is at the heart of a vibrant and civically involved community, a community that enables the Library to be the gateway where people discover and celebrate words, images, ideas and possibilities. Since 1895, the library has provided resources and vital services that progressed to meet the changing demands of the times. Today, the Library is a cornerstone institution that provides a solid foundation for community life and reflects the priority the town has placed on the value of learning. A dynamic and evolving collection, access to technology, enrichment programs, classes on all manner of subjects including health and wellness, and concerts are just some of the offerings.

To register for the program, please visit Wilton Library's website at www.wiltonlibrary.org or call the library at 203-762-6334. Wilton Library is located at 137 Old Ridgefield Road in the heart of Wilton Center.

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Caption: Wilton Library and the Western Connecticut Health Network are hosting “Ask the Medical Experts – Be Your Best in 2018,” on Thursday, January 25 at 7 p.m. at Wilton Library. Four medical experts on staff at Western Connecticut Health Network’s area hospitals will provide advice on general health questions. The program is free; registration is suggested. Wilton Library is located at 137 Old Ridgefield Road in the heart of Wilton Center. For information, directions and registration, visit www.wiltonlibrary.org or call 203-762-6334. Photo credit: Pixabay