

PILOTS' MEDICAL CLEARANCE EVENT

*How to Keep Your Medical Clearance:
Secrets Your Doctor Will Probably Never Tell You!*



Event Highlights

- **PRESENTATION**

Preventing Chronic Disease Using Lifestyle Medicine – A Primer for Pilots
Presented by **Dr. Aimee Welsh, FACC, DipABLM**

Presentation Begins at 7PM

- **DINNER MENU**

Build Your Own Tacos! Will consist of heart healthy options & beverages.

Dinner Starts at 6PM

**\$10 Donation is appreciated to
offset food costs**



Good health is paramount to safety and career longevity for pilots. This event offers tangible benefits and actions to prevent illnesses that can ground you. Learn how to potentially extend your flying career, reduce the risk of medical disqualification, gain confidence in your health management, and enjoy a heart-healthy meal while networking—all adding to a more secure and fulfilling life in aviation.

Speakers



**Aimee Welsh, MD,
FACC, DipABLM**
Fellow, American College
of Cardiology, Diplomate of
the American Board of
Lifestyle Medicine



Jeff Nelson
Pilot and
Heart Attack Survivor



Meryl Fury, MS, RN
President/CEO of Plant
Based Nutrition Movement,
EVENT EMCEE

For the Pilot Community



EVENT DETAILS

THU 15 MAY 2025 | 6 PM CT

EAA 838 HANGAR

333 N GREEN BAY RD, RACINE, WI, 53404

