



## CYNTHIA REDDECK-LIDESTRI BIO

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Cynthia Reddeck-LiDestri, MD, FACC  
Vice President  
Health and Wellness  
LiDestri Foods, Inc.

Dr. Reddeck-LiDestri is the director of the wellness program at LiDestri Foods, Inc.. Headquartered in Fairport, NY, it is a multi-state company of about 1000 employees that produces tomato sauces, salsas, and beverages. LiDestri's wellness program is critically acclaimed for its approaches to promoting healthy lifestyles for employees. Prior to joining LiDestri Foods, Dr. Reddeck-LiDestri was a clinical cardiologist for 26 years and partner with a special interest in echocardiography and congestive heart failure with the Rochester Cardiopulmonary Group, P.C. She has also served as the associate director of cardiology at Highland Hospital in Rochester from 1981-1987.

Dr. Reddeck-LiDestri holds a bachelor's degree in microbiology from Cornell University and is a cum laude graduate of the State University of New York Upstate Medical Center, where she also completed her cardiology fellowship. She has served on numerous community boards, including the Medical Board of Rochester General Hospital and Via Health Women's Initiative Cardiovascular Health Subcommittee. She has served on the Board of the Worksite Health Alliance of Greater Rochester (WHAGR) for 9 years. She has been a trustee of the Board of Nazareth College and chaired a Community Advisory Group for the Nazareth Wellness and Rehabilitation Institute. She served in the past as an Executive Committee member on New York State Action to Quit, and co-chaired the Worksite Action Team of the RBA/FLHSA High Blood Pressure Collaborative for several years.

Currently, she is a member of the Greater Rochester Health Planning Team/High Blood Pressure Collaborative and chairs the Million Hearts Steering Committee of the Greater Rochester Chamber of Commerce and Common Ground Health. She has been on the board of the local public broadcasting station, WXXI, and is currently the WXXI Board Vice Chair and President-Elect. She also volunteers on the Government Relations Committee of Trillium Health, Cindy and her husband, John (Giovanni), reside in Rochester, NY.



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