



*Your Connection to Prevention, Wellness and Education*

## **Lecture Services**

Interactive educational lectures are offered at employers, community centers, schools, and retirement communities. These talks focus heavily on prevention, diagnosis, and treatment of heart disease, stroke, and risks factors including diabetes, excess weight, high blood pressure, high cholesterol, inactivity, and stress.

## **Key Topics**

- \* **Nutrition: Myths, Fads, and New Concerns**
- \* **Healthy Living Habits & Lifestyle Changes**
- \* **Advances in Cardiac Health & Medicine**
- \* **Stroke: Prevention, Treatment & Diagnosis**
- \* **Childhood Obesity: An Epidemic**
- \* **Diabetes, a CVD Risk Factor**
- \* **Heart Disease: Prevention & Risk Factors**
- \* **Get Healthy: Reading Labels & Eating Out**
- \* **Strategies for Feeding Kids Healthy**
- \* **The Truth about STRESS: Learn How to Prevent, Reduce, and Treat It**
- \* **Portion Distortion: Avoiding Marketing Ploys**
- \* **What's in Our Food: Environmental Toxin Risks**
- \* **Heart Failure & Modern Treatment**
- \* **Women and Heart Disease**
- \* **Prevention Nutrition for Families**
- \* **Cardiac Rehab & Healthy Heart Nutrition**
- \* **Sudden Cardiac Death & Prevention**
- \* **Managing Metabolic Syndrome**
- \* **Disease and Food**

Our speaker panel includes board certified cardiologists, internists, pediatricians, psychiatrists, registered dietitians, registered nurses, and certified nutritionists.

*Upon request lectures may be followed by complimentary blood pressure and body fat screenings.*

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