



Your Connection to Prevention, Wellness, and Education

Lecture Services

Complimentary, interactive educational lectures are offered at community centers, schools, retirement communities, and employers.

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**
- * **Heart Failure & Modern Treatment**
- * **Healthy Living Habits & Lifestyle Changes**
- * **Women and Heart Disease**
- * **Prevention Nutrition for Families**
- * **Stroke: Prevention, Treatment & Diagnosis**
- * **Childhood Obesity**
- * **Cardiac Rehab & Healthy Heart Nutrition**
- * **Diabetes, a CVD Risk Factor**
- * **Sudden Cardiac Death & Prevention**
- * **Heart Disease: Prevention & Risk Factors**
- * **Stress Management**
- * **Get Healthy: Reading Labels, Disease & Food, Eating Out**

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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