

# Prevention Strategies for Cardiac Disease



- When:** Every Third Thursday of the Month  
**Where:** CMH auditorium-8<sup>th</sup> floor  
**Time:** 6:00 to 7:30 p.m.  
**Topic:** Varies each month  
**Call:** HEARTaware at 805/667-2818 **seating is limited**

## Upcoming Topics:

Thursday, June 17:	“Controversies surrounding healthy oils and harmful fats” presented by Bob Young, Nutrition consultant, LASSENS NATURAL FOODS & VITAMINS
Thursday, July 15:	“Nia Technique for Exercise” presented by Kate Nash, Nia Technique
Thursday, August 19:	“How to Prevent Type 2 Diabetes” presented by Dr. Todd Binkley D.C.
Thursday, September 16:	“Heart Health, Chinese Medicine Perspective” presented by Mike Long LAC, Acupuncturist
Thursday, October 21:	“Prediabetes: What is it?” presented by Theresa Grumet RD, CDE, Medtronic, Inc
Thursday, November 18:	“Atrial Fibrillation: A Risk for Stroke” presented by Andrea Ricketts, MSN, ACNP-BC, HeartAware/CMH