

## Prevention Strategies for Cardiac Disease



- When:** Every Third Thursday of the Month  
**Where:** CMHS Training Center, 2809 Main Street,  
Suite B, Ventura (park in the back)  
**Time:** 6:00 to 7:30 p.m.  
**Topic:** Varies each month  
**Call:** HEARTaware at 805/667-2818 **seating is limited**  
**Cost:** No charge

### Upcoming Topics:

Thursday, June 16 <sup>th</sup>	<b><u>“Heart Health and Stress Management II”</u></b> Dr. Syd Dhillon, D.C. from Pure Chiropractor
Thursday, July 21 <sup>st</sup>	<b><u>“Herbs for the Heart”</u></b> Dr. Fred Siciliano, OMD, LAc, MH.
Thursday, August 18 <sup>th</sup>	<b><u>“Health Care Questions”</u></b> Lola Herrera, Humana Inc.
Thursday, Sept 15,	<b><u>“Heart Healthy Supplements”</u></b> Bob Young, Nutritionist : Lassens, Natural Foods and Vitamins
Thursday, Oct 20 <sup>st</sup> ,	<b><u>“Introduction to Heart Rhythm Meditation”</u></b> Elijah Imlay, LCSW, faculty of The Institute for Applied Meditation
Thursday, Nov 17 <sup>th</sup> ,	<b><u>“Heart Health from Chinese Medicine Perspective”</u></b> . Mike Long., L.A. C. acupuncturist.
Dec 15 <sup>th</sup> ,	<b>Dark- closed</b>