



Join *Wellness at King* and nutritionist Loryn Galardi for

a **Part III** Presentation of...

# A REAL-LIFE + SCIENTIFIC APPROACH TO MAKING YOUR HEART A SMART HEART

*Think you know all there is to know about how to eat smart for your heart?*  
**The very latest research on how food can keep your heart healthy may surprise you.**



In this **third session** of a series of nutritional presentations, we will continue to see how inflammation can wreak havoc in your body, specifically your heart. The focus will be on beginning to reduce your risk of heart disease, whether you suffer from/or you are at risk of high blood pressure, high total cholesterol, increased triglycerides, high LDL levels, low HDL levels or heart attack.

## Thursday, October 16<sup>th</sup>

Building 10, 2nd floor

- 6:45 am • end of 3rd shift
- 1:30 pm • start of 2nd shift
- 2:45 pm • end of 1st shift

*Please RSVP to Nick Kady the time you will be attending*

“You **CAN** change and even *eliminate risky lifestyle habits* to fight against your genetics if heart disease runs in your family or if you and your physician have noticed changes in your blood work.”

Loryn Galardi, M.S.  
Clinical Nutritionist  
[www.loryngalardi.com](http://www.loryngalardi.com)



\* Nutritional Counseling Group to begin on Oct 25th. More details to follow.