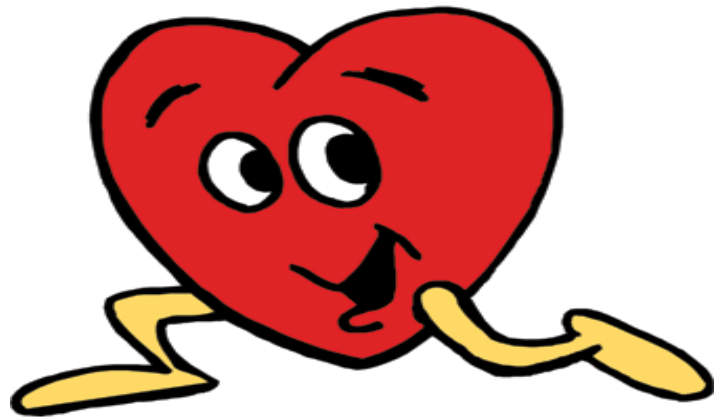


JFS Healthy Aging
Lunch and Learn
June 5, 2018
12:00-1:30

Healthy Heart



Healthy You

Please join Purvi Patel, Doctor of Pharmacy from Massachusetts College of Pharmacy and Health Sciences, and learn information about the prevalence of heart disease. What are the risks factors, and what lifestyle and diet modifications can help the heart stay strong? We will also review blood pressure goals, good and bad cholesterol goals, learn about poly pharmacy, and getting the best out of your health care system.

“With a healthy heart, the beat goes on”

\$4 preregistered admission

\$6 at the door

To register:

Contact Abrielle Salloway 508-875-3100 x 360

asalloway@jfsmw.org

Or register online at:

<https://jfsfmetrowest.wufoo.com/forms/jfs-lunch-and-learn-6518/>

Location:

Temple Beth Am

300 Pleasant Street

Framingham, MA

01701

SUPPORTED BY
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JFS Healthy Aging



Temple
Beth Am
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