



Headwaters Racquet Club

tennis · squash · fitness

HEALTHY HEART, HEALTHY LIFE SEMINAR



> **TUESDAY FEBRUARY 7TH 2012 [7:00pm]**

Join Dr. Danielle Marchildon, B.Sc, ND and Kathy Shackleton, R.H.N. for an information session regarding heart disease. We will be discussing what signs and symptoms put you most at risk for heart disease as well as ways to both treat and prevent them. Topics include high blood pressure, high cholesterol/triglycerides, type II Diabetes, and waist circumference.

THIS IS A FREE EVENT TO MEMBERS AND FRIENDS!