

BENEFITS OF A PLANT BASED DIET

Healthy Hearts Healthy Community presents a **FREE SEMINAR** - Prevent and Reverse Heart Disease with a Plant Based Diet

Prevent and Reverse Heart Disease with a Plant Based Diet

The Caribou Inn & Convention Center - Caribou
Saturday, August 25th, 8:30am-4:00pm

Norma Watson, LMSWcc
Licensed Master Social Worker
- Clinical Conditioned

Hope Walton, RN
Nurse Educator



Healthy Hearts Healthy Community presents a **FREE SEMINAR - Prevent and Reverse Heart Disease with a Plant Based Diet** at the Caribou Inn & Convention Center in Caribou from 8:30am-4:00pm on Saturday, August 25th. **Norma Watson**, Licensed Master Social Worker-clinical conditioned with the Aroostook Mental Health Center and **Hope Walton** a Registered Nurse at Cary Medical Center will lead the seminar. A heart healthy lunch will be provided. Anyone with an interest in preventing or reversing heart disease is invited to attend. Attendance is required for anyone wishing to register for the next Plant Based Diet Clinical Program.

To learn more call 498-1112 or visit gohealthyhearts.org.



HealthyHearts
Healthy Community



www.GoHealthyHearts.org

Healthy Hearts is a program of Cary Medical Center funded by the AstraZeneca HealthCare Foundation Community Connections for Cardiovascular Health.

