



EVER WONDER HOW TO REDUCE  
YOUR RISK OF STROKE OR HEART  
ATTACK? JOIN BMA FOR OUR  
LECTURE SERIES!

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**PREVENT  
HEART DISEASE  
WITH WEIGHT  
LOSS, DIET &  
LIFESTYLE**

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**EVERY TUESDAY IN  
MARCH  
9:30-10:30AM  
Bethesda Medical Associates  
10215 Fernwood Road #50**

Heart Disease is the #1 cause of death in the United States. It is extremely important to be educated on the risks and learn how to implement preventative strategies. This lecture series will provide you with information on how to prevent or manage heart disease so you can start improving your longevity, vitality, and heart health today!

This class will provide specific information on diet, sleep, stress management and exercise aimed at reducing risk for heart disease

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All lectures, recipes and meals plans will be provided with the cost of enrollment. Parking will be validated.

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**Go to the following website to enroll TODAY:**  
<http://calendly.com/bethesda/medical/prevent-heart-disease?month=2020-03>