

**Brought to you  
by the S.I.M  
GYM**

**Bring your  
Lunch and  
Learn**

**Talk takes  
place in the  
auditorium of  
St. Joseph's  
Villa from  
11:30-1pm**

**56 Governor's  
road, Dundas**

**Call**

**905-627-3541**

**ext 2109**

**or email**

**s.i.m.gym@**


**sjv.on.ca**

**to reserve**

**your spot**

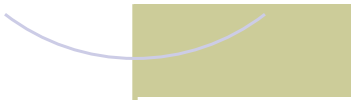
**55 and older**

**please**



# **Lunch and Learn**

## **April 5th, 2018**



### **Nourishing your Blood Pressure and Heart with Lisa Tabrizi ND**

A healthy heart and cardiovascular system are crucial to health and wellness. Did you know that eating breakfast may lower your heart attack risk by as 73%?! Join Dr Lisa for simple solutions in keeping your heart and blood vessels healthy and minimize your risk of heart attacks and strokes. We will focus the discussion on foods, lifestyle habits and relaxation techniques to keep your heart healthy.