Pat and Jim Calhoun Cardiology Center
Lifestyle Modification **Lecture Series**

Simple changes for healthy rewards

If you are at risk or have been diagnosed with hypertension, diabetes, cholesterol, sleep apnea or other conditions, simple lifestyle changes can improve your health.

Learn about:

- **Your risk factors for developing cardiovascular disease**
- **The effects of diet, exercise, and stress on your health**
- **Simple lifestyle changes to improve your well-being**

Wednesday
September 18, 2013
7 to 8:30 p.m.
Onyiuke Dining Room
UConn Health Center

Presented by: Bradley Biskup, P.A.-C.
Lifestyle Modification Program

The program is FREE.
To register, call 800-535-6232.
Learn more at heart.uchc.edu

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