



EAT YOUR WAY TO A HEALTHY HEART

A free educational talk on cholesterol and nutrition



- **What is cholesterol? Why should you be concerned about cholesterol?**
- **What is the difference between good and bad cholesterol?**
- **How does what you eat affect your cholesterol? What foods will reduce your cholesterol?**

Presenters: Dr. Wahida Karmally
Director of Nutrition, Irving Institute
Dr. Francisco Duarte, Postdoctoral Research Fellow
Department of Medicine

Date: Tuesday, December 1, 2015

Time: 2:30PM - 3:30PM

Location: Columbia Community Partnership for Health
390 Fort Washington Avenue, 1st Floor, NYC 10033
Between 177 and 178 streets

- ➔ **A free event open to all**
- ➔ **The talk will be in English and Spanish**
- ➔ **Refreshments will be served**



**To RSVP call:
(646) 697-2274**