



A Healthy Heart... the Heart of the Matter!

Free zoom



Sunday 11th May 2025 10am

Join Zoom Meeting

<https://us02web.zoom.us/j/4938094936>



'A 'healthy heart' is a' happy heart' and vice visa!

The sad truth is according to worldwide statistics the vast majority of us are heading for heart disease, and don't know it.

Based on the latest evidence which reveals that heart disease is 'A lifestyle disease'!

Today we are going to focus on heart disease as preventable and reversible!

Join us on the 11th May

To find out how you can keep your
heart going strong!

Topics Covered....

1. A & P Heart & Circulation
2. Cholesterol
3. Body Mass Index
4. Carbon Monoxide Testing
5. Diet
6. Herbs
7. Latest Research
8. Emotional Heart



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