

Preventing & Reversing Heart Disease

What Spectrum Are You On?

The Ornish Reversal Program™ provides you with the tools you need to learn how to eat healthier, move more, stress less, and love more. The combined effectiveness of all four lifestyle elements can help you improve your overall quality of life and prevent - or in some cases reverse - certain chronic diseases. This three-part educational series will provide you the foundation to the Ornish Reversal Program, as well as talk about the spectrum of choices available to help improve your quality of life

Classes will be held:

Thursdays, Aug. 6, 13, and 20	Thursdays, Nov. 5, 12, and 19
5:30 to 8 p.m.	5:30 to 8 p.m.
\$50 per person	\$50 per person
Call to register by July 30	Call to register by Oct. 29

Class #1

Introduction to Dr. Ornish's Program for Reversing Heart Disease™

Light snack provided

Class #2

Nutritional guidelines for the Ornish Reversal Program

Exercise guidelines for the Ornish Reversal Program

Dinner is provided

Class #3

Learn the importance of group support

Learn the importance of stress management

Mini stress management session

For more information or to register for classes, call 814-877-5481.

Sterling Square
3330 Peach St., Suite 211
Erie, PA 16508



Eat healthier



Move more



Stress less



Love more