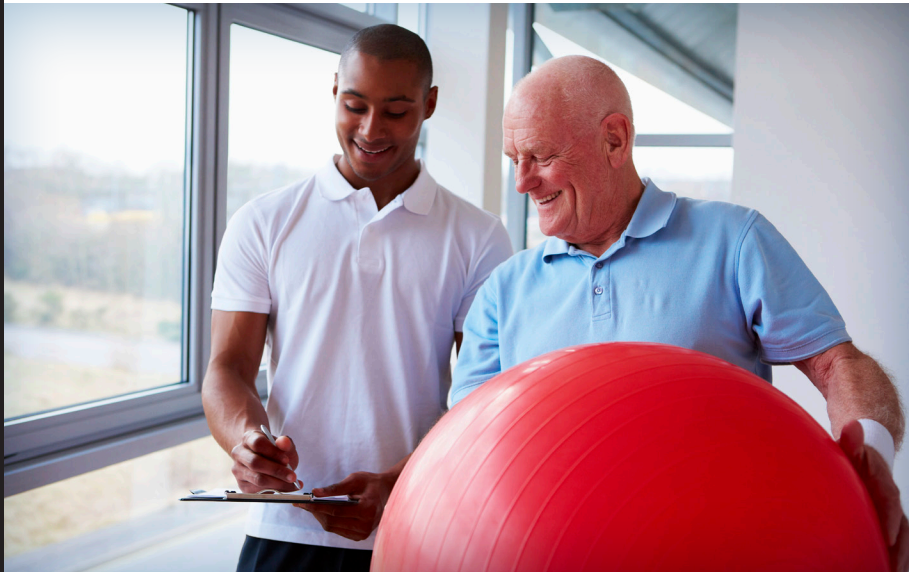


Pat and Jim Calhoun Cardiology Center
Lifestyle Modification **Lecture Series**

Are you heart *Smart?*



Heart disease is the leading cause of death in the United States.

Knowing your risk for heart disease is an important step in staying heart healthy.

Get heart smart and during this program:

- **Take a personal heart disease risk assessment**
- **Explore the effects of diet, exercise and stress on your health**
- **Learn how UConn's Lifestyle Modification Program can develop a risk reduction plan to keep you heart healthy**

Monday, February 27

6:30 to 7:30 p.m.

Onyiuke Dining Room, UConn Health Center

Presented by: Bradley Biskup, P.A.-C., Lifestyle Modification Program,
Pat and Jim Calhoun Cardiology Center

The program is FREE. Seating is limited.

To register, call 800-535-6232.

Learn more at heart.uchc.edu

Pat and Jim Calhoun Cardiology Center
263 Farmington Avenue, Farmington



**UConn
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