

**Please Join Us in Celebrating Good Health!**

# **SOLUTIONS FOR HEART HEALTH**

A Nutrition Awareness Video

## **Learn about...**

- How to manage and/or prevent diabetes and heart disease through simple strategies
- Risk factors that CAN or CANNOT be changed
- Biometrics – knowing your numbers and what they mean
- Lifestyle changes for optimal health and disease prevention!

**[CLICK HERE TO WATCH](#)**



**MASSACHUSETTS**

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