



## ***February is American Heart Month***

**If you are one of nearly 100 million Americans struggling with high Cholesterol, looking for a safe, drug free way to lower your cholesterol, come to this**

## **Nutrition Work Shop for Heart Healthy Eating**

Presented by Nutritionist  
Lorraine Matthews-Antosiewicz, MS RD  
[www.njnutritionist.com](http://www.njnutritionist.com)

Lorraine is a Registered Dietitian who incorporates scientifically-based nutrition and health information with specific techniques and strategies to help support permanent lifestyle change.

**Sunday, February 26, 2012  
2:00 – 3:30 PM  
SaKula Yoga Studio  
\$30.00**

***Be good to your heart!***