



**Rescheduled!!**

**New date Monday, February 25 at 7 pm!**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HEALTHY LIVING

## Don't Go Breaking Your Heart

**New information to keep your heart healthy**

**Presented by: Dr. Katy Firisin, N.D., MSPT**

**Recently named one of Connecticut's 10 Best Naturopathic Doctors!**

**Monday, February 25, 2019 (NEW DATE)**

**7:00 pm, Schine Meeting Room**

Do you still think that saturated fat is bad for your heart? Are you taking a statin drug because you have been told cholesterol is what causes clogged arteries and heart disease? Do you believe if one of your parents had a heart attack you are genetically doomed for the same? Do you think that high blood pressure is irreversible? Current research is changing these preconceived notions about our hearts and how we treat them. Naturopathic medicine emphasizes treating the physiological cause of these diseases and can help you prevent disease, reverse inflammation and stay heart healthy! Learn how to prevent and treat common heart conditions and the truth about cholesterol and statin medications. February is Heart Month! What a great time to open your heart and join Dr. Firisin!

This presentation is free of charge and open to the public. Dinner will be provided. Please RSVP by Friday, 2/22 with your dinner selection of vegetarian or chicken to:  
[asekhar@westporty.org](mailto:asekhar@westporty.org)  
203-226-8981 ext 109.



**Questions please contact:**

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