

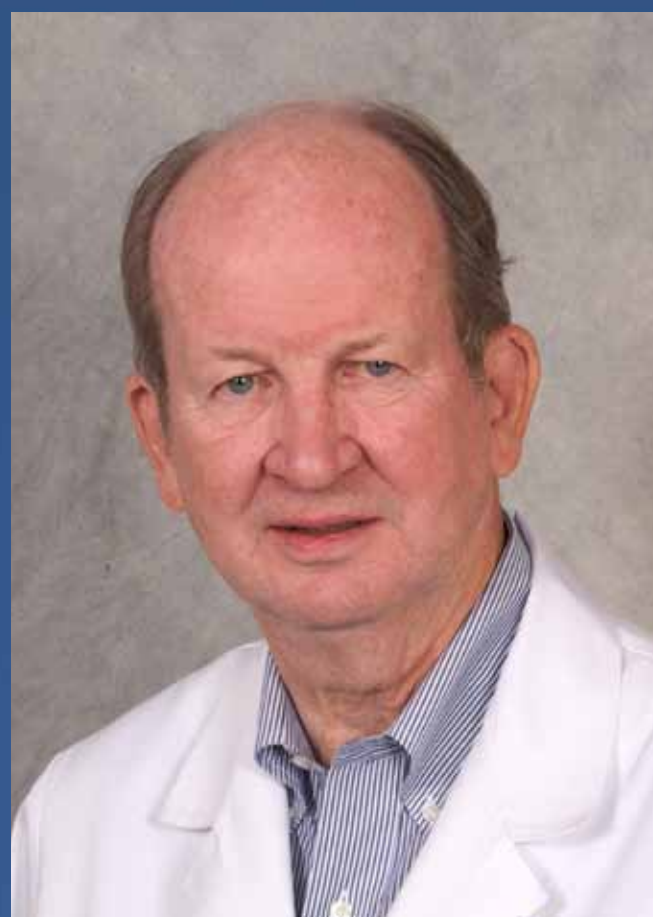
Heart Attack Prevention 2012: Expanding our Horizons

Orson Smith, MD, FACC
and Nancy Smith, RD, CDE

Monday, February 6
7:00 p.m.

Premier Health &
Fitness Center
3521 Maclay Blvd.

To register, call **(850) 431-5675**.



Orson Smith, MD, FACC



Nancy Smith, RD, CDE

Orson Smith, MD, FACC, and Nancy Smith, RD, CDE will present new information on how weight, cholesterol and triglycerides impact the risk of heart disease and how these risks can be reduced. Dr. Smith is a board certified lipidologist and director of the Tallahassee Memorial Lipid Center. He will explain why you can have "normal cholesterol", but still have risky lipid levels in your bloodstream. Nancy is a Registered Dietitian with the Lipid Center and the Tallahassee Memorial Diabetes Center. She will provide a new take on the "Mediterranean Diet" and "heart healthy eating".

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