



Are fats healthy? Can you eat animal products on a healthy diet?

Discover the latest research on nutrition and cholesterol and learn the optimum ranges. Simultaneously learn how to reduce your risk for hypertension through eating nutrient-dense foods, taking supportive supplements, reducing stress, and increasing activity.

SelectCare Free for Calvo's SelectCare Members!
"First Come, First Served"



Hypertension & High Cholesterol Management

June 2 & 9, 2018

Classes held on Saturdays 11am - 12pm



Other Wellness Workshops

Saturdays 11am - 12pm

- April 21** Sleep Disorders and Healthy Sleep Habits
- May 19** Skin Health
- June 16** Cancer Prevention and Management

To register please contact:

Dr. Horinouchi Wellness Clinic

Amparos Business Center, 226 C/D Chalan San Antonio
(Across from GPO, between Gaylord & KFC) in Tamuning

- email: guamwellnessclinic@me.com
- Tel.: (671) 646-9333