



## 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

**December 1 & 8, 2018**

Classes held on Saturdays 11am - 12pm



### Other Wellness Workshops

Saturdays 11am - 12pm

- |                    |                  |
|--------------------|------------------|
| <b>October 20</b>  | Mental Health    |
| <b>November 17</b> | Digestive Health |
| <b>December 15</b> | Healthy Aging    |

To register please contact:

### Dr. Horinouchi's Wellness Clinic

Amparos Business Center, 226 C/D Chalan San Antonio  
(Across from GPO, next to KFC in Tamuning)

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