



## 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.



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



## HTN/High Cholesterol Clinic

February 16 & 23, 2019

Classes held on Saturdays 11am - 12pm



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