



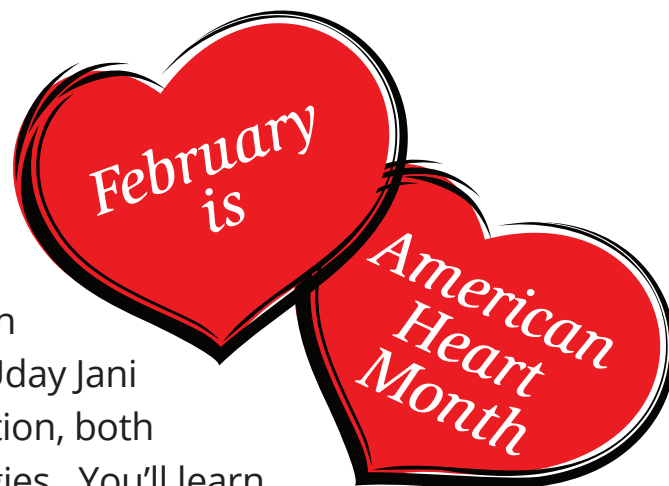
*Uday Jani, MD, FACP
Board Certified in Internal Medicine
Fellowship Trained in Integrative
Medicine*

DR. UDAY JANI PRESENTS:

LESSONS FROM THE HEART: AN INTEGRATIVE APPROACH TO PREVENTING CARDIOVASCULAR DISEASE

Despite enormous progress in identifying its causes, and dramatic advances in treatment, cardiovascular disease remains the number one killer of men and women in the U.S. An understanding of risk factors is not enough to win this battle – preventing those risk factors is the key. Dr. Uday Jani will explore the integrative medicine approach to prevention, both complementing and going well beyond traditional strategies. You'll learn about alternative methods that are proving increasingly effective in maintaining heart health, including:

- * Super foods
- * Herbal supplements
- * Mind-body techniques
- * Acupuncture



Join Dr. Jani for one of these informative sessions that get to the heart of good health. All are free and open to the public.

- * **Milton Library**
Feb 11th at 2pm
Feb 20th at 5.30 pm
- * **Lewes Library:** Feb 25th at 2.30 pm
- * **Rehoboth Library:** Feb 27th at 2.30 pm

