

Kristine L Soly, MD, FACC

Holistic Cardiology Learning Center

“Vital Information for Your Health”

www.drsooly.com

PRESENTS A FREE HEALTH SEMINAR

Saturday, August 19th, 2:00 p.m.

Anti-Aging - Staying Youthful While Aging

Healthy aging is a hot topic. Whether you're concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. Eating a variety of nutritious foods, practicing portion control, including physical activity in your daily routine, practicing relaxation techniques, and having good social and emotional support can go a long way toward promoting healthy aging. **But that may not be enough!** And there are a lot of people out there promising miracles. If an interest in healthy aging leads you to consider anti-aging therapies claiming to postpone or even reverse the aging process — **BE CAUTIOUS!!** There's no quick fix when it comes to healthy aging. Know what you're buying, and know how to spot suspicious schemes. Often, anti-aging therapies don't live up to the claims. **Come learn about what works, and how to apply it to your specific situation.**

You'll learn about the latest and most effective disease prevention, treatment, and reversal modalities in a Free Seminar conducted by **Holistic Cardiologist, Kristine L. Soly, MD, FACC, Director of the Learning Center.**

The Seminars are presented in a down-to-earth manner, and are designed to help the general public and health professionals learn how a strong Doctor-Patient Relationship and the use of Diet, Exercise, Stress Management, as well as Alternative and other Holistic modalities can support the prevention, treatment and reversal of Cardiovascular Disease as well as many other chronic and preventable medical conditions.

All Seminars are offered free of charge. Please call to reserve your place for this Seminar or to learn more about the programs of **The Holistic Cardiology Learning Center.**

Seminar Location:

**Art Circle Public Library
Cumberland A Meeting Room
3 East Street, Crossville, TN 38555**

Reservations are required – Call (931) 456-5900