

## Healthy Driven Lunch & Learn Programs

*Bring your lunch, enjoy a complimentary beverage gift card and hear from Edward-Elmhurst Health physicians & staff*



### **Lunch and Learn: The Facts about Blood Pressure & Cholesterol**

**Tuesday, November 27, 2018**

**Noon – 1:00 pm**

Edward Hospital, Naperville, Heart Hospital Conference Room

Blood Pressure and cholesterol are two of the most frequently measured data points in our medical records. Why are they so important, what are the risks associated with elevated numbers and when should you consider treatment? Fayeza Mohammed, DO with Edward Medical Group and on staff at Edward Hospital will share insights into these questions as well as lifestyle modifications that can be made to improve your numbers.



### **Lunch and Learn: Holiday Eating: No Need to Tip the Scale**

**Wednesday, December 5, 2018**

**Noon – 1:00 pm**

Edward Hospital, Naperville, Heart Hospital Conference Room

Picture yourself starting out the New Year without unwanted holiday weight gain: a feeling of success! Please join Christine Doshi, registered dietitian and nutritionist with Endeavor Health Weight Management, as she shares tips, strategies and recipe ideas to make your holidays healthier and minimize food stress.



### **Lunch and Learn: Living with Pre-Diabetes and Diabetes**

**Wednesday, December 12, 2018**

**Noon – 1:00 pm**

Elmhurst Hospital, Elmhurst, Arboretum Conference Center

A diagnosis of pre-diabetes or diabetes can leave you feeling helpless and confused. With the proper education and tools, you can once again feel in control of your life and regain your health. Please join Joseph Abraham, MD, internist with the Elmhurst Clinic and on staff at Elmhurst Hospital, to gain insight into pre-diabetes and diabetes: causes and symptoms, glucose and A1C and what they tell us, and how medications and lifestyle changes can help.

**Please RSVP to Class Registration**

Online: [www.EEHealth.org/classes-events](http://www.EEHealth.org/classes-events)

Phone: 630-527-6363