

Being overweight is a major risk factor for heart disease, our nation's #1 killer.

It's a risk you don't have to take.

Join us for a **FREE** seminar on the **Living Heart Medically Managed Weight Loss Program**, aimed at reducing your risk of heart disease by reducing your weight.

Sponsored by the Baylor Heart Clinic, the **Living Heart Medically Managed Weight Loss Program** offers professional guidance and support from the experts at Baylor College of Medicine, to help you take control of your weight, your health and your *life*.

*Don't miss this **FREE** seminar, sponsored by Baylor Heart Clinic! To receive your personal invitation, access our website at www.baylorheartclinic.org and select **Living Heart** or complete the accompanying card and return it via mail.*

Nearly 2,500 Americans die every day of heart disease – an average of 1 death every 35 seconds. Reduce your weight – reduce your risk, with the **Living Heart Medically Managed Weight Loss Program**.



BAYLORHEART
CLINIC

 Living Heart

Living Heart Medically Managed Weight Loss Program Benefits:

- A medically supervised program, enabling you to safely reach and maintain a healthy weight
- A physical by Dr. John Farmer, a cardiologist from the Baylor Heart Clinic
- A resting metabolic rate calculation, for determining your calorie needs and developing a personalized weight loss diet by registered dietitian and bionutritionist Lynne Scott, Baylor Heart Clinic
- A bioelectrical impedance analysis, a quick, easy and noninvasive technique for determining your body fat percentage
- A prescription for safe, effective exercise
- Ongoing monitoring and support to keep you on track