



HEART HEALTH: HIGH BLOOD PRESSURE & HIGH CHOLESTEROL

Reducing risks and managing the symptoms to keep your heart healthy.



Get answers to the following questions and more:

- What are the risks of high blood pressure and high cholesterol?
- What can I do to reduce the risks?
- Why do I need to keep my blood pressure and cholesterol in check?

SPEAKER: Heather Harada
Program Coordinator, KEIRO

FREE EVENT

WHEN: Saturday, February 25, 2017 | 1:00 - 3:00 p.m.

WHERE: East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave., West Covina, CA 91790

RSVP: Michelle Okawa, ESGVJCC at 626.960-2566 or mokawa@esgvjcc.org

CONTACT: For more information, please contact Kanako Fukuyama at
213.873.5709 or kfukuyama@keiro.org

All programs are FREE unless otherwise noted and are made possible by KEIRO along with support from our Community Partners, donors, and volunteers.

HOSTED BY:



EAST SAN GABRIEL VALLEY
JAPANESE COMMUNITY CENTER **ESGVJCC**

Keiro 

KEIRO® is expanding our reach from a focus on long term health care facilities to broadly engaging and supporting older adults wherever they call home. Serving primarily Los Angeles, Orange, and Ventura counties, KEIRO provides services to older adults and caregivers, along with programs for residents of KEIRO's former facilities-helping older adults in Our Community age the way they choose.