

FOR IMMEDIATE RELEASE

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Get off to a Healthy Start in 2007

GLENDALE, Ariz. – Foothills Branch Library, 19055 N. 57th Ave., is just the spot to get timely information on living a healthier life. Two important topics, cardiovascular disease, along with diet and cancer, will be discussed in January.

“Updates in the Management of Your Cardiovascular Disease” will be the topic at 7 p.m. on Wednesday, Jan. 10 in the Roadrunner Room. Jeffrey Greenberg, M.D., F.A.C.C., from Cardiovascular Consultants of Arrowhead Hospital, will share the latest advances and treatments in cardiology. Learn about managing one’s risk factors through medication and lifestyle modification. Pre-registration is requested; call Arrowhead Hospital at 623-561-7489 to sign up.

“Your Diet and Cancer: How What You Eat Can Decrease the Risk” will be offered at 7 p.m. on Tuesday, Jan. 16 in the Roadrunner Room. David Mann, Ph.D., Professor of Biochemistry Research at Midwestern University, will discuss some of the studies that show a correlation between diet and cancer. He will explain follow-up research findings and give tips for translating the information into everyday eating habits that can be easily adopted to decrease the risk. Call 623-930-3846 for more information.

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