



Celebrating Our 1st Year of Reversing Cardiac Disease!

Join us for an open house

Friday, March 15

2 Sessions: 11:00 am and Noon

Hilo Medical Center's Ground Floor in the
Rehabilitation Department

Community providers are invited to:

- Find out what we've learned in the last year of bringing the cardiac disease reversal program to Hilo.
- Enjoy lunch on us featuring Ornish chili and hummus.
- Meet some of 94 alumni who graduated from the program
- Tour our program to see the high tech exercise equipment, see our group support and stress management rooms.
- Learn about the referral process to make it easy and save time!

To RSVP for our 1st Birthday Open House or for more information, call the Hui Pono Ornish Lifestyle Medicine Program office at 932-3455.

