



Get Healthy @ the Library

Heart Health & What You Eat

When her husband was diagnosed with high cholesterol, Purnima Nandkishore's scientific background led her to research how diet affects heart disease. Her knowledgeable presentation summarizes what she learned which can help you lessen the dangers of heart disease.

Partnering with her husband to improve his lipid profile without drugs, Purnima also adapted their favorite recipes. Her new cookbook, *Amrit: Luscious and Heart-Healthy Indian Meals*, will be available (\$24⁹⁹ + tax; credit card only) after each presentation.

Saturday, June 26 • 2 pm

SARATOGA LIBRARY

13650 Saratoga Avenue
Saratoga 95070
408 / 867-6126

Saturday, July 24 • 2 pm

**Community Hall, next to
CUPERTINO LIBRARY**

10800 Torre Avenue
Cupertino 95014
408 / 446-1677



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