

TRIPLE THE RISK:

Fighting Metabolic Syndrome

- ***Obesity—High BMI*** • ***High Blood Pressure*** • ***Elevated Blood Sugar***
- ***Excess Waistline*** • ***High Triglycerides*** • ***Low HDL Cholesterol***

Deborah Neiman, MD

Step Ahead Wellness Center

Michael Rothkopf, MD

Obesity Treatment Centers of NJ

WED., MARCH 2ND ★ 7:00 TO 8:30 P.M.

Place: *Bernards Township Municipal Bldg.
One Collyer Lane
Basking Ridge, NJ 07920*

To Register: 908-204-2520

WED., MARCH 16TH ~ IS FOOD FRIEND OR FOE?

Learn to tame the food addiction monster instead of it controlling you and how to eat healthy and be satisfied.

WED., MARCH 30TH ~ LET'S GET PHYSICAL

***Learn to slow the damage from Metabolic Syndrome.
Get the most benefit from physical activity.***

