



Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977
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HCCC Human Services and South Asian Heart Center presents

STOP DIABETES. HALT HEART ATTACKS

Since 2006, the **South Asian Heart Center** at El Camino Hospital, has helped the Indian and South Asian community in the Bay Area and beyond, with its revolutionary programs to reduce the risk of diabetes and heart attacks. Both these epidemics affect our population disproportionately. The statistics are staggering and South Asians have heart attacks at much younger ages, despite being mostly vegetarian, non smoking and non-obese.

- **Atleast 2X Heart Disease Risk**
- **4X Diabetes Risk**
- **50% Heart Attacks occur before age 55**

Family history, disorders of lifestyle and the stress-ridden environment we live in create a perfect storm for the epidemics to flourish.

Unlike traditional tests, South Asian Heart Center's **AIM to Prevent** program is comprehensive and advanced and does not underestimate risk. The Center's proven, scientific (instead of evidence-backed), lifestyle approach to prevention, includes expert counseling and personalized, culturally sensitive coaching ideal for the Indian and South Asian families in the area.

Visit HCCC Campus for South Asian Heart Center booth on the **following Saturdays from 11am to 2pm.**

See **CALENDAR of DATES** below.

| | | | |
|--------|--------|--------|-------|
| 22-Feb | 28-Mar | 11-Apr | 2-May |
|--------|--------|--------|-------|

FREE biometrics and BP reading!

Where: Near Akella Assembly Hall, Livermore Temple

When: Saturdays from 11 AM to 2 PM

Click here to Donate

For more information, please contact: Umashankar Meda at ec_human_services@livermoretemple.org or Temple Office at 925-449-6255