

**Holy Cross Catholic Church Health and Wellness Committee  
Presents**

**Save Lives! Take Care of Your Heart!**

***An evening learning workshop for all***

***Wednesday  
November 23,  
2016  
7 – 9 PM***

***Free admission***

***Refreshments  
available***

***Holy Cross  
Church  
Côte Hall  
14400 Argyll Rd,  
Georgetown***

***Phone  
905-873-1887 for  
additional infor-***



***Making the most of our health is important at any age! At this workshop, Cardiologist, Dr. Nicoletta Bonafede will highlight:***

- Key issues related to heart health***
- Prevention and early detection of heart disease***

Dr. Nicoletta Bonafede has been practising cardiology since 1997, having completed her medical degree and residency in cardiology at the University of Toronto. She practices general cardiology, providing consultative and diagnostic services including echocardiography, stress testing, stress nuclear testing, holter and blood pressure monitoring. She also has a special interest in sports cardiology, offering pre-participation cardiac screening assessments for both amateur and professional athletes and teams.