



Be Heart Healthy: How to Lower Your Blood Pressure and Cholesterol

Thursday, May 15, 2025 | 6 p.m.

Location: Zoom Meeting



High blood pressure and cholesterol are common conditions that affect your heart, but there are medical and nutritional options to help reduce your risks. Join **DR. CHARLES PARABOSCHI** from Capital Health Cardiology Specialists to learn about the latest medical treatments for lowering your blood pressure and cholesterol. Registered Dietitian **ELIZABETH IOZZINO** will discuss the importance of proper nutrition for your heart health.

This event will be taking place virtually using Zoom. Register online at capitalhealth.org/events and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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