

MAKE THIS THE YEAR YOU REACH YOUR HEALTH GOALS

QUIT SMOKING - LOWER BLOOD PRESSURE - CONTROL CHOLESTEROL -
LOSE WEIGHT- GET ACTIVE - BRING DOWN BLOOD SUGAR - EAT BETTER

"The Year of YOU"

LUNCH & LEARN

DR. MARCUS WILLIAMS

Cardiologist and Board Member of
The American Heart Association

**April 11, 2017
University Commons Room 216
1:00pm—2:00pm**



Find out what **YOU** need to do to optimize your health.

Attendees will be connected with free resources from

The American Heart Association such as:

SMOKING CESSATION TOOLS

DIET AND NUTRITION INFO

QUICK AND HEALTHY RECIPES ...and more

For all William Paterson University

Faculty and Staff