

NUTRITION CLASS SCHEDULE

At Cardiovascular Interventions, we always strive to deliver high quality healthcare and medical advice with a focus on prevention. Nutrition is key to preventing serious health complications and we want to make it easier for you to incorporate healthy eating into your lifestyle.

My name is Karina Walker and I am the dietitian at Cardiovascular Interventions. I work with Dr. Jamnadas to offer personalized, life-saving nutritional counseling to all our patients. In addition to this, we are now offering free nutrition educational seminars and cooking demonstrations. Each seminar or demonstration will be an interactive discussion on a nutrition topic that will include solutions for reaching your dietary goals and living a healthier life.

OCTOBER

October 5th
10:00 AM - 11:00 AM
Seminar

October 26th
10:00 AM - 11:00 AM
Cooking Demo

NOVEMBER

November 2nd
10:00 AM - 11:00 AM
Seminar

November 16th
10:00 AM - 11:00 AM
Cooking Demo

DECEMBER

December 7th
10:00 AM - 11:00 AM
Seminar

December 14th
10:00 AM - 11:00 AM
Cooking Demo

Nutrition Class Location :

The Break Room at Cardiovascular Interventions

Please RSVP for the dates of the classes you will be attending at:

<https://conta.cc/2De1d3M>

Questions or Suggestions?

Email nutrition@orlandocvi.com