

FROM BESTSELLING AUTHOR
OF WALK OFF WEIGHT

Healthy Heart for Life



Lower your blood pressure
and cholesterol in just 6 weeks

Andrew Cate

Author Talks 2012

Date:

Thursday 16 February 2012

Time:

6.30pm

Venue:

Mona Vale Library
1 Park Street, Mona Vale

Cost:

\$8.00 Adults
\$6.00 Concession - Pensioners and
Students
(passes must be shown)

Phone:

9970 1600

Bookings essential!

Payment within 3 days of booking

Healthy Heart for Life

By Andrew Cate

This book presents a practical six-week plan to reduce your cholesterol and blood pressure levels naturally, without medication. It features sections on food, exercise and lifestyle, along with 42 vital tips for managing, preventing and even reversing heart disease.

Local author, Andrew Cate is a personal trainer and exercise physiologist. He has written seven books on health and fitness. Andrew also writes regular health and fitness articles for various magazines and websites.