

# Free Community Education Program

## WINTER 2025

Registration is required!



## Understanding Holistic Heart Health

**Date:** February 6, 2025

**Time:** 6:00 p.m. - 7:30 p.m.

**Site:** Live Webinar (Zoom)

What exactly does a holistic approach to heart health entail? It's about digging deeper - beyond the symptoms - to uncover and treat the root causes of heart issues. This method combines conventional medical treatments with complementary therapies such as nutrition counseling, physical activity, stress management, and mindfulness practices. Join Naturopath Dr. Craig Fasullo as he shares information on the development of cardiovascular and metabolic disease, and comprehensive lab and imaging testing. He will also discuss lifestyle changes to help prevent the onset of disease, as well as treatment options.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online  
or call 860.533.6550 for assistance.

**ECHN**<sup>SM</sup>  
Eastern Connecticut Health Network