



Heart Education Meetings

RSVP to join us and **James Warner** speaking on:



"Nutrition and a Heart Healthy Diet"

How to live the Mediterranean Diet in Central Ohio
(and how to prepare meals using ingredients
that can lead to a healthier and longer life)

You will also meet inspirational people with serious heart issues and hear some uplifting stories!

Wednesday, October 18, 2017

**6:00 pm - 8:00 pm in the Ross Heart Hospital Auditorium,
OSU Wexner Medical Center, 452 West 10th Avenue, Columbus, OH 43210**

Light meal provided and a parking pass for the attached Safe Auto garage
(visit www.medicalcenter.osu.edu for directions)

James Warner is the **Program Director, Food and Nutrition**, in the Nutrition Services Department at The Ohio State University Wexner Medical Center and he will speak on: "Nutrition and a Heart Healthy Diet". His primary responsibilities include integrating food and nutrition education throughout the medical complex as well as engaging in community initiatives with food and nutrition programming. James will display his executive chef skills in preparing us a sample meal and expounding on the benefits of a plant based lifestyle!

James education includes an Associate Degree from the Culinary Institute of America and he is a Clinical Instructor at The College of Health and Rehabilitative Sciences at The Ohio State University.

He has been a chef lecturer for hundreds of events ranging from community events in underserved areas in the state of Ohio to high-end presentations representing the Ohio State University Wexner Medical Center. Jim is also a member of OSU's Food Innovation Center with a focus on collaborating for a healthier, hunger free world.

RSVP to Jeff Davidson at (614) 580-1561 or jadavidson@columbus.rr.com
Visit our website at: www.healingheartscentralohio.org

Our large group inspires, comforts and supports heart patients and their families and people at risk for heart disease throughout the central Ohio community. We share heart success stories, strive to stay healthy long-term, and host educational meetings each month! We also visit heart patients at two central Ohio hospitals.