

“This class is being held at the Clarian West Medical Center”

Cooking Class on Metabolic Syndrome

Date: April 16th

Time: 6-8 pm

Location: Integrative Care Classroom B1500

Contact Information

To reserve a spot call 217-3675

Individuals: \$15

Family (2): \$25

We're having our most popular cooking class this month and you're invited! Please join us on April 16th at Clarian West as William Sobat, MD lectures on **Metabolic Syndrome** and how it affects you (and 40 million others in the United States!). Jodi Smith will show you how to make some quick and easy meals to help you deliciously get your health back on track.

Barbara Sobat, RN, BS, Wellness Coach

Clarian West Integrative Care Center

HEALTHY COOKING CLASS



Metabolic Syndrome

Clarian West Medical Center
1111 Ronald Reagan Parkway
Suite B1500
Avon, Indiana 46123
6pm - 8pm

- Up to 25% of the world's population has Metabolic Syndrome, putting them at 5 times greater risk of developing Type 2 Diabetes.
- Metabolic Syndrome is a cluster of metabolic abnormalities that when present increase the risk of cardiovascular disease.
- The great news is that with a moderate amount of weight loss and moderate changes in exercise and dietary composition this syndrome can be reversed.
- Studies have shown that we could prevent about 82% of heart attacks, about 70% of strokes over 90% of Type 2 diabetes, and over 70% of colon cancer, with the right dietary choices as part of a healthy lifestyle.
- Dr. Sobat will speak on Metabolic Syndrome at 6:00 pm before the cooking class begins and will answer questions.