

Ballina Evening Lecture

Expert Advice on Heart Health

Heart disease is currently one of the western world's largest killers but growing evidence and scientific understanding is showing us that this is largely preventable and simple, affordable steps can be taken to reduce & control the major risk factors and problems associated with it.

Leading expert Orley Moyal will give you the latest information on:

- **Controlling Cholesterol**
- **Reducing Blood Pressure** the natural way
- **Lifestyle, Stress & Diet**
- **Homocysteine** a more accurate measure of heart health than cholesterol

This lecture will inform and empower you towards better health.



Orley Moyal (HD, MTech Hom SA, CThA)

Orley Moyal is a Homoeopathic Doctor from South Africa. She is now UK based and acts as a Nutrition & Training Consultant for Higher Nature. She also lectures in Biomedicine for a leading Naturopathic College in London.

Don't miss out on this great opportunity to ask Orley your questions

Location: *Ramada Hotel*, Ballina, Co.Mayo. Ph:096 23600

Date: Tuesday 22nd September **Time:** 7.30pm - 9.30pm

ADMISSION FREE - open to the public

Limited spaces available: First come first serve basis so please arrive early to secure your seat and goody bag.