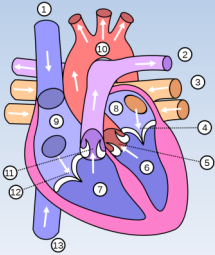




# WZCC & ZAH JOINT EVENT



## **What You Eat and How You Eat Could be Killing You... and what you can do to stop it!**



Let's face it – we love Parsi food, or any food for that matter. However, we are blissfully unaware of (or choose to ignore) the consequences of unhealthy eating habits – heart disease (the number one killer in the US), diabetes, hypertension, high cholesterol etc. Taking his own personal time to do so, Dr. Rasi Wickramasinghe, a prominent cardiologist at Memorial Hermann Center for Advanced Cardiology in Sugar Land, will be speaking on how to reign in this seemingly never-ending cycle we seem to be on – gain weight... diet... gain weight...and diet once again. He will be discussing, among other things, how to shop for food like a cardiologist, what to eat, how to eat, etc., to stay healthy and heart attack-free. He will be addressing specific topics such as:

Is red wine really good for you? Are eggs harmful? How about oatmeal? How/what to order at a restaurant? How/what to eat at a buffet? Which diet program is best.....? Atkins, Nutrisystem, Weight Watchers, etc.? And a host of other myths and misconceptions regarding nutrition and diet.



**RASI WICKRAMASINGHE, MD. PHD. FACC**, *popularly known as Dr. Rasi, is Stanford and Johns Hopkins Educated Comprehensive Heart and Vascular Specialist. He is Board Certified in Internal Medicine, Cardiovascular Medicine, Intervention Cardiology and Echocardiography. His clinical interests are Heart disease prevention, minimally invasive treatment of coronary artery disease, minimally invasive heart valve replacement, heart disease management, etc. He has authored and published over 30 peer reviewed journal articles, abstracts, book chapters and presented at numerous conferences around the world. Besides his impeccable qualifications, Dr. Rasi is a very entertaining speaker, blending humor with knowledge. Originally a native of Sri Lanka, Dr Wickramasinghe lives in Sugar Land with his wife and two children.*

**FRIDAY, SEPTEMBER 14, 2018 (NO CHARGE)**

Light Refreshments      6:30 PM — 7:00 PM

Talk      7:00 PM — 8:15 PM

Q & A      8:15 PM — 8:30 PM

**RSVP Before September 7, 2018**

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