



Heartbeats for Life! ♥~♥~♥

Support for your healthy life:

diet - exercise - stress reduction - social interaction

Since 1995...Wellness support group based on the work of Dr. Dean Ornish

Friends of the Brighton Memorial Library & Heartbeats for Life
invite you to attend a Free screening of

Forks Over Knives

Healthy Eating vs. Surgery

View the trailer - www.forksoverknives.com

"A film that can save your life"

Roger Ebert, Chicago Sun-Times

"Heart disease is a toothless paper tiger."

Dr. Caldwell B. Esselstyn

"I loved it and I need all of you to see it!"

Dr. OZ

6:30 p.m. - February 14, 2012

at the

Brighton Memorial Library

2300 Elmwood Avenue, Rochester NY 14618

(585) 784-5300