

# CEU

One free  
contact hour  
of Continuing  
Education  
Units provided  
by Silverado  
Senior Living  
for Social Work  
and Nursing.



Provider approved by the California Board of Registered Nursing, Provider Number 13550 for 1 contact hours." Course meets the qualifications for 1 hours of continuing education credit for MFCC's and/or LCSW's as required by the Texas State Board of Social Worker Examiners, Provider #CS3366."



## The Heart of a Caregiver

Tuesday, February 21<sup>st</sup>, 2012 • 6 PM

PRESENTED BY:

Lori Michiel, *NASM-CPT, Owner of Fifty Plus Fitness*

Paul R. Block, *MD, FACP, FCCP*

Hors d'oeuvres and Refreshments. RSVPs are kindly requested.

*Each guest will receive as their health conscious gift a Pedometer to start tracking their success to a healthier lifestyle.*

### EDUCATIONAL OBJECTIVES

- Learn ways to relieve stress
- Identify the most important factor to reduce heart disease.
- What role do genes play in determining heart disease?
- Define which type of cholesterol is good and bad for the heart.
- Describe a simple bedside test that can quantitatively determine arteriosclerotic risk.

**Silverado Senior Living**  
— CALABASAS —

25100 Calabasas Road  
Calabasas, CA 91302  
(818) 222-1000

[calabasas@silveradosenior.com](mailto:calabasas@silveradosenior.com)

[WWW.SILVERADOSENIOR.COM/CALABASAS](http://WWW.SILVERADOSENIOR.COM/CALABASAS)

Lic. #197602501

