

NEWS



Contact:
John Pilger
Adam Levermore
(408) 730-7535

FOR IMMEDIATE RELEASE
April 19, 2010
Release # 04 05 10

LEARN ABOUT DIET AND HEART HEALTH AT SUNNYVALE LIBRARY

SUNNYVALE, Calif. – Purnima Nandkishore has developed a friendly and informal approach for Indian cooking in American kitchens. She has mastered new techniques and changed traditional Indian cooking to help her husband regain his heart health. On Saturday, May 8, from 2 p.m. – 4 p.m., she will talk about how to reduce your risk of heart disease by changing your diet in her presentation “Understand the Connection between Diet and Heart Disease”. Nandkishore is the author of *Amrit: Luscious and Heart-Healthy Indian Meals*, a Mediterr-Asian cookbook . Learn how different components of food affect risk factors that lead to heart disease and recognize how you can modify one to affect the other. Copies of her book will be available for purchase and signing by the author. Please join us in the Library Program Room for this free program.

The Sunnyvale Public Library is located at 665 W. Olive Ave., across from City Hall. Free parking is always available, and VTA line 54 serves the Library. More information on Library programs and activities is available on the Library’s Web site at www.sunnyvalelibrary.org, or by calling the Library at (408) 730-7300, TDD (408) 730-7501.

#