



Hackensack  
Meridian *Health*  
Palisades Medical Center



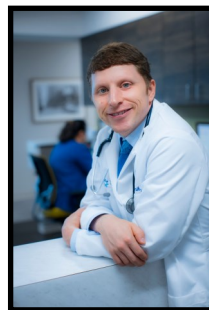
## Metabolic Syndrome

Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

Join us for a FREE Seminar  
on self-care and minimizing your health risk.

**Tuesday, January 14**  
**6:30 p.m.**  
**Palisades Medical Center Auditorium**  
**7600 River Road, North Bergen**

Presentation by  
Sonal Pathak, M.D. and Jeffrey Fein, DO



Free Parking and Refreshments  
**To register, please contact Nikki Mederos 201-854-5702**  
**or [nikki.mederos@hackensackmeridian.org](mailto:nikki.mederos@hackensackmeridian.org)**