



# HELLENIC FEDERATION

of New Jersey

*” Promoting, Protecting and Preserving Hellenism ”*

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In cooperation with the  
Parish Council of St George Greek Orthodox Church,  
**The Hellenic Federation of New Jersey**

presents a medical presentation by:  
**Dr. Elias Iliadis, Cardiologist**  
Past President, the Hellenic Federation of New Jersey

**Topics:**

Heart Disease topics  
Coronary Artery Disease  
Valvular heart disease  
Electrical problems

**Cardiology Risk Factors:**

High blood pressure and treatments  
Cholesterol and treatments  
Benefits of Mediterranean Diets  
Exercise and 150 minutes

Questions and Answer session!



**Sunday September 24, 2023**

**12:30pm**

**In the Memorial Room**