

# Your heart health is in your hands.

**PRIMA Heart**® A Medical Group  
**Preventative Cardiology**

And

**Evolution**®  
**Integrative Wellness Coaching**

A specialized and integrated preventative cardiology practice focused on cardiovascular health assessment, early disease detection, and preventative intervention.

- **Cardiovascular Risk Assessment**
- **Cardiovascular Screening**
- **Cholesterol Management**
- **Diet & Exercise Programming**
- **Fitness Assessment & Training**
- **Lifestyle Wellness Coaching**
- **Smoking Cessation Program**
- **Business Health Plan Assessment**  
*on-site or off-site*



*Our Goal:  
Add years to  
your life and  
life to your years!*

*For Appointments and Information (831) 402-9613*



**PRIMA Heart**  
primaheart@aol.com

**evOLUTION**  
INTEGRATIVE WELLNESS COACHING