

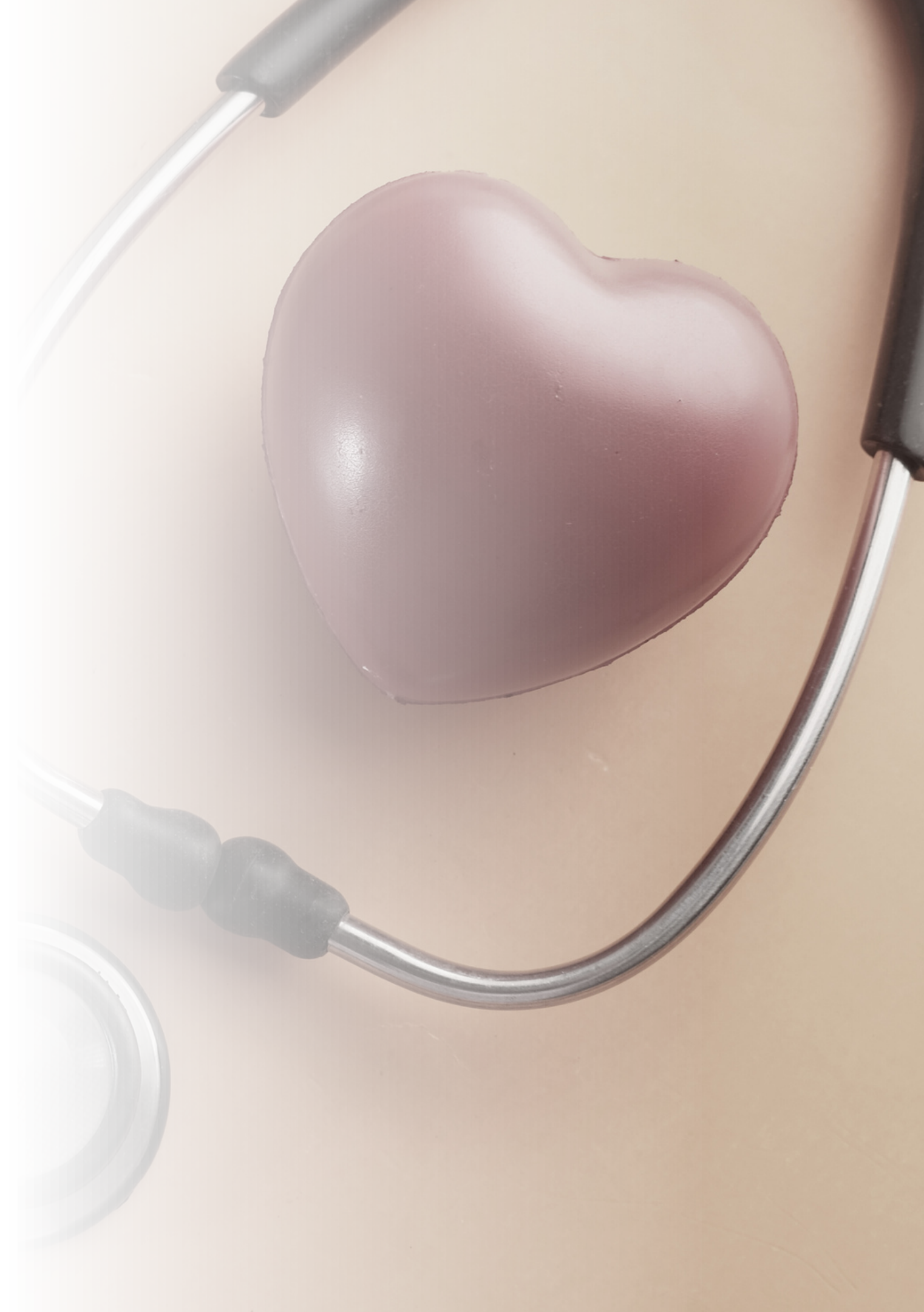


JOSHI Health Foundation

Care Coach Inspire



<https://www.thebrownheart.com/>





About us

The Brown Heart is a compelling documentary that uses medical insights and human accounts to show the prevalence of heart disease in young South Asians and to encourage healthy living. It clarifies cultural obstacles, lifestyle considerations, and the pressing need for prevention.



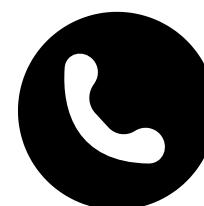
Mediterranean Diet Food Plan

With The Brown Heart, discover a well-balanced Mediterranean diet Food plan that is high in lean proteins, healthy fats, and fresh veggies. a long-term strategy to promote your general wellness and cardiovascular health.





Contact us



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THANK YOU

