

Pamper Your Heart

Lose Fear, Gain Confidence

Do you know what to do if you or a loved one is having a heart attack? Let us help you lose fear and gain confidence if a heart attack strikes you or a loved one. Emergency medical technicians (EMT), physicians and dieticians will describe a heart attack, what you should do before paramedics arrive, hospital procedures and steps on how to prevent a future heart attack. See what happens behind the scenes at the Penrose-St. Francis Vascular Center, learn the truth about common food and exercise myths and speak to experts on heart health and stroke. Heart healthy food samples will be provided.

Date: Wednesday, February 24, 2010
5:30 – 7:30 p.m.

Location: Penrose Cancer Center, Conference Room A-C
2222 N. Nevada Ave.

Cost: FREE

To register, call 800-327-6877.

Penrose-St. Francis
Health Services



"The better you treat me,
the better you'll feel."

Love Yourself. Love Your Heart.

