

## EDUCATIONAL SERIES

*Identify and modify risk factors to improve heart health including lifestyle changes, diet, stress, physical activity and smoking/alcohol.*



# Heart HEALTH

SPEAKER:

**REBECCA WRIGHT R.N.**

CARE NAVIGATOR,

Maitland Valley Family Health Team



**FRIDAY, FEBRUARY 21<sup>ST</sup>**

**2:00 PM**



**Goderich Place**  
RETIREMENT RESIDENCE

**RSVP TODAY**

Call Jennifer Puckett

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