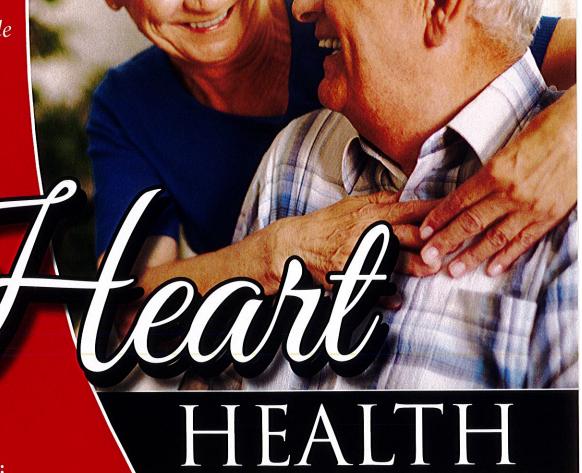
EDUCATIONAL SERIES

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



SPEAKER:

REBECCA WRIGHT R.N.

CARE NAVIGATOR,

Maitland Valley Family Health Team



FRIDAY, FEBRUARY 21ST 2:00 PM



Goderich Place RETIREMENT RESIDENCE

RSVP TODAY

Call Jennifer Puckett 519-524-4243 ext 224

salesgp@hurontel.on.ca

30 BALVINA DRIVE E., GODERICH