

HEART HEALTHY MONTH. HEART HEALTHY LECTURES.

According to the American Heart Association, cardiovascular disease is the number one killer in the United States. So it's important to be educated and find out if you are at risk. Join us at one of our February Heart Healthy lectures to learn how to maintain heart health.

YOUR HEALTH IS WHERE OUR HEART IS

Wednesday, February 9, 6:00–7:30 p.m.

Speaker: James Park, MD, Cardiologist

The secret to addressing heart disease is understanding your risks and knowing your treatment options. Join Dr. James Park as he provides invaluable strategies for keeping your heart, and ultimately yourself, healthy.

THE LATIN HEART - EL CORAZON DE LOS LATINOS

Wednesday, February 16, 6:00–7:30 p.m.

Speaker: Jorge Cheirif, MD, Cardiologist

Heart disease is prevalent in the Latino community. Join Dr. Jorge Cheirif as he discusses risk factors and steps to improve heart health.

LOVE YOUR HEART

Wednesday, February 23, 6:00–7:30 p.m.

Speakers: David Harper, MD, and Charles Lampe, MD, Cardiologists

Get practical ideas on the most effective diet, exercise and lifestyle changes you can make to help keep your heart healthy.

To register, call **1-877-THR-Well** or register online at **TexasHealth.org/Advances**.

Texas Health Dallas. Haggard Hall. Ground floor, Fogelson.

Seating is limited. Light dinner is served.



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