ALDEN GARDENS OF WATERFORD

HOW TO PREVENT AND REVERSE HEART DISEASE

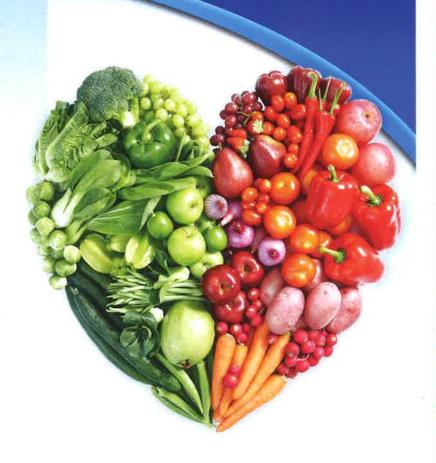
Tuesday, February 26

5 p.m. Appetizers 6-7 p.m. Presentation

A healthy diet and lifestyle play an important role in your heart health. Learn how to manage your risk to prevent and possibly even reverse heart disease.



Presented by: Steven Lome, D.O., RVT, Cardiologist



RSVP IS REQUIRED

Please call 630-851-1880 or visit www.AldenGardensofWaterford.com/Events

ALDEN Gardens,

Assisted Living Community

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