

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](http://www.AldenGardensofWaterford.com/Events)

**ALDEN** Gardens  
of Waterford

ASSISTED LIVING COMMUNITY

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