



Tuesday
February 25th
12:00-1:00pm

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City-County Building • Room 426
316 N. Park Avenue • Helena

Healthy Hearts

Beating the Modern American Plague: Cardiovascular Disease

- Close Relations: Stroke and Heart Attack
- Reducing your risk for heart attack and stroke
- Substituting heart healthy ingredients in favorite recipes

Questions?

Please contact CareHere Health Coach, Margy Bartley at mbartley@carehere.com or call 406-502-1355 ext. 135.

CareHere!

