



Did you know

that more women die of heart disease each year than all forms of cancer *combined?*

The sooner you understand your risk, the better.

Please join us for **The Heart of a Woman: Assessing Your Risk for Heart Disease** a free, half-day seminar hosted by Lahey Clinic's Cardiovascular Health Center for Women. Free screenings, a complementary heart healthy breakfast and lunch, exciting raffle prizes and more!

See back of card for full details.

Saturday, May 2
8:30 am to 2:00 pm
Lahey Clinic
Medical Center
41 Mall Road
Burlington, MA

We request that you please preregister no later than Monday April 20, 2009, by visiting the Women's Cardiovascular Health Center online at www.lahey.org/womensheart, or by calling 1-877-LAHEY-96 (524-3996).

Free parking is available for all attendees.



The Heart of a Woman

Here are just a few reasons to join us:

- Start the day with a heart healthy breakfast and a morning talk on yoga
- Assess your heart health with free screenings throughout the day including blood pressure, body mass index testing, and glucose testing for diabetes
- Learn tactics for reducing your risk including smoking cessation, weight management, exercise tips and more
- Challenge your nutrition knowledge in a game of Nutrition Jeopardy
- Melt away stress with a complementary, luxurious chair massage

If you cannot attend this event but want to learn more about the Cardiovascular Health Center for Women or schedule an appointment, please call 1-877-LAHEY-96 (524-3996) or visit www.lahey.org/womensheart.

Get all your questions answered:

At the heart of our event keynote speakers Jennifer Collins, MD, and Paula Kinnunen, MD will give a talk and answer questions regarding women and heart disease. Both physicians are experts on heart disease and other cardiac conditions in women and are members of Lahey's Cardiovascular Health Center for Women team. Their presentation will take place at 1 pm, following a heart healthy lunch.



41 Mall Road
Burlington, MA 01805

