

Want to learn more
about **heart health**?
Register today! 🖱️



PROTECT YOUR **HEART**: Virtual Health Education Series

Presented by: Ashley Priest, Registered Dietitian and Clinical Well-being Coordinator



Did you know that **heart disease is the leading cause of death** in the U.S.? Get to know the risk factors and learn the steps you can take to prevent or manage cardiovascular disease.

Click the links provided below to register and learn more!

Part 1: Overview

August 6th at 12:00pm
Register for webinar [here](#).

-OR-

October 15th at 12:00pm
Register for webinar [here](#).

Part 2: Cholesterol

August 13th at 12:00pm
Register for webinar [here](#).

-OR-

October 22nd at 12:00pm
Register for webinar [here](#).

Part 3: Blood Pressure

August 20th at 12:00pm
Register for webinar [here](#).

-OR-

October 29th at 12:00pm
Register for webinar [here](#).

Part 4: Group Discussion

August 27th at 12:00pm
Register for webinar [here](#).

-OR-

November 5th at 12:00pm
Register for webinar [here](#).

♥️ **Observe American Heart Month during the month of February!** ♥️
Learn more about American Heart Month by clicking [here](#).

