

KEEP ON DASHING THROUGH THE SNOW



FREE HEALTH LECTURE

Lowering your risk for heart disease and stroke

When Tuesday, Jan. 9, from 11 a.m. to noon

Where Boulder Jewish Community Center, 6007 Oreg Ave.

Every 40 seconds, someone in the U.S. dies from heart disease, stroke or some other type of cardiovascular disease. In fact, cardiovascular disease — conditions that involve narrowed or blocked blood vessels — claims more lives than all forms of cancer combined. The good news is that there are practical steps you can take to prevent cardiovascular disease or keep it from worsening.

Our speaker is board-certified family medicine physician Dr. Kristen Royer. She will describe diet and lifestyle changes, as well the latest medical interventions, that can go a long way toward reducing your risk of serious or potentially fatal cardiovascular disease.

RESERVATIONS REQUIRED:

bchlectures.org/heartdisease • 303-415-4212



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