



REDUCE THE RISK AND LIVE YOUR LIFE

**WATCH THE
LECTURE ONLINE**

FREE ONLINE HEALTH LECTURE

Lowering your risk for heart disease and stroke

When Wednesday, Oct. 21, from 7 to 8 p.m.

Where Watch online. You'll get the link once you register.

About 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 internist Angela Kloepfer-Shapiro, MD, with Internal Medicine Associates — Buffalo Ridge. 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



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