

# FREE “HEART SMART” SEMINAR

Answers  
are just a  
HEARTBEAT AWAY

Dates of EIRMC Seminars 2011

Thursday, Jan. 13<sup>th</sup>  
Thursday, Feb. 10<sup>th</sup>  
Thursday, March 10<sup>th</sup>  
Thursday, April 14<sup>th</sup>  
Thursday, May 12<sup>th</sup>  
Thursday, June 09<sup>th</sup>

Thursday, July 14<sup>th</sup>  
Thursday, Aug. 11<sup>th</sup>  
Thursday, Sept. 08<sup>th</sup>  
Thursday, Oct. 13<sup>th</sup>  
Thursday, Nov. 10<sup>th</sup>  
Thursday, Dec. 08<sup>th</sup>

**Classes Each Date At 10:00am or 6:00pm**

EIRMC Heart Center Classroom

Please Pre-register at

529-7879 Or 1-(866)-221-4320

## ASK OUR HEART EXPERTS ABOUT:

- \*What a heart attack is
- \*The latest diagnostic methods
- \*Treatment options, (both surgical and non-surgical)
- \*Your risk for heart disease
- \*The most common signs and symptoms
- \*How you can protect yourself
- \*The difference between symptoms for men and women



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