

# Defeat Heart Disease

## Before It Defeats You.



### Learn about:

- ♥ Heart Health
- ♥ Heart Rhythms
- ♥ Advances in Treatment

**Wednesday, February 8th, 2017**

Light Supper Served • 5:30 pm Program  
St. Margaret's 1st Floor Presentation Room  
**Admission is Free**

5:30 - 6pm : Light Supper (soup & salad)  
6 - 6:45pm : Dr. Lome, *Cardiovascular Disease, HeartCare Midwest*  
Topic: "How Not to Die"  
6:45 - 7pm : Katie Kaufman, MS, RD, LDN, *Dietitian*

*Seating is limited. Reservations are recommended.*

**Please call (815) 664-1486**

**Wear RED to be eligible  
to win a door prize!**

### Featured Speaker

**Dr. Lome**  
*Cardiovascular Disease  
HeartCare Midwest*



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**St. Margaret's Health**

St. Margaret's Hospital

*SMP Health System*