Tonight’s special: Women’s Heart Health

Enjoy a complimentary evening of appetizers and a glass of wine while learning what you need to know to maintain a healthy heart!

Topics: Heart Health Risks, Exercise, Nutrition and Stress Management

Presentations by:

Joseph Wiedermann, M.D.
Interventional Cardiologist

Mary Collins, APN-BC
Nurse Practitioner, Heart & Vascular Institute

Registration required: email thrive@valleyhealth.com
or call 201-291-6118