

Stockbridge-Munsee Health and Wellness Center Lower Level Conference Room

Love Your Heart Day

Tuesday, February 14th
10:00 am - 2:00 pm

Join us for a day of fun and
relaxation.

Great giveaways
for everyone!

Here are some of the topics:

Women's Health
Family Heart Health
Elderly Heart Health
Stress Relief Stretches
Diabetes and Your Heart
Commercial Tobacco Cessation Information
Native American Medicines to Stay Healthy
Lowering Stress to be Heart Healthy
Oral Hygiene and Your Heart

Heart Healthy
snacks!

For more info please contact:
Whitney Schreiber, RN, BSN, CDE
715-793-3008
Diane Burr 715-793-5064