

In Case of Emergency



Wear red to be entered
into a drawing for
special gifts.

Heart attacks strike Americans about once every 34 seconds, and most victims aren't even aware they're having one until it's too late. Each year, more than 795,000 people in the United States have a stroke. Join Cardiologist **Peter Vaitkevicius, MD**, and Certified Physician Assistant **Nicole Webb**, to learn the signs and symptoms of a heart attack or stroke and what to do in the aftermath.

Pre-registration is required for this FREE event.

Call Jenn Jenich-Laplander at
906.337.6541 to register.

(If leaving a voicemail, please include your full name and phone number.)

Ladies will also enjoy:

Free health screenings - 9:00am

- Blood pressure/sugar (fasting)
- Body fat percentage

Healthy brunch & hot chocolate bar - 10:00am

Healthy eating presentation - 10:30am

Presentation - 11:00am

FREE LIPID PANEL FOR ALL ATTENDEES. Certificate for use at Aspirus Houghton Clinic and Aspirus Keweenaw Hospital.