



# At the Heart of Health

Reduce your risk of Coronary Artery Disease (CAD) by learning the basics of heart disease. We'll share diet, exercise, and other lifestyle tips for prevention.

**At the Heart of Health**  
**Friday, February 17**  
**12 p.m. - 1 p.m.**

**Register Now**

Space is limited.

**Questions?**

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

