

Maintaining Optimal Heart Health

Join the region's leading physician specialists for a FREE educational seminar as they discuss maintaining a healthy heart as one ages.

Questions that will be addressed include:

- How does the heart change as we age?
- What are common conditions that affect the heart? How are they diagnosed, and what medical and surgical interventions are available?
- What are the signs and symptoms of a heart attack? What advanced treatments are available?
- What are the symptoms of a heart arrhythmia? What tests are typically performed to diagnosis arrhythmia disorders?
- What is a heart healthy diet? What types of foods/substances damage the heart and why?
- How can I keep my heart healthy and strong?

Join us and learn more!

Saturday, Feb. 15

9-10:30 a.m.

-OR-

Wednesday, Feb. 19

7-8:30 p.m.

West Chester Hospital

Plaza Conference Room (Level A)
7700 University Drive
West Chester, OH 45069

Hurry! Space is limited. Register by visiting uhealth.com/wchevents or by calling 513-298-3000.





West Chester Hospital
7700 University Drive
West Chester, Ohio 45069

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“These seminars are always very
informative and helpful!”

— *Previous seminar attendee*

FREE SEMINAR

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