

Affiliated Physician

**MDVIP**



# You're Invited

## Preventing Heart Disease and Stroke

Everyone is encouraged to bring guests. Spread the word to family & friends.

**TUESDAY, MARCH 14**  
**6:30 PM – 8:00 PM**

Park Place Auditorium at Unity Hospital  
1555 Long Pond Road  
Rochester, NY 14626

**RSVP by calling the office at**  
**585.672.4700**

Almost one million Americans die of heart disease each year making it the leading cause of death in the U.S., but this doesn't have to be the case. Heart disease and stroke can be prevented.

You and your family and friends are invited to a discussion on heart health

to make you aware of risk factors of heart disease, including the effects of high blood pressure and cholesterol.

We'll learn how developing healthy habits related to nutrition, fitness, sleep and stress management can reduce your risk for heart disease and stroke.

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