



February is
American Heart Month

Celebrate American Heart Month with Free trainings and lectures.

Tuesday, February 18, 12-12:45pm

- Learn about AEDs (Automated External Defibrillator) - the what, how and why.

Virtual Webinar - Click or scan to RSVP



Thursday, February 20, 12-12:45pm

- 5 Things You Can Do Today to Reduce Your Risk of Heart Disease

Virtual Webinar - Click or scan to RSVP



Employer Solutions

employersolutions@montagehealth.org | (831) 658-3977