

Let's get to the

# HEART

of the

# MATTER



One out of three women die from heart disease or stroke each year, **the #1 killer of women and men in the United States.**

Make 2018 the year you commit to living a longer, healthier life.

Join us for a fun and informational health fair and learn the steps you can take **today** to prevent heart and vascular disease.

## Learn about:

- Signs and symptoms
- Risk factors and prevention tips
- Smoking cessation
- Weight and heart health
- Blood pressure checks
- Vascular screenings
- Hands-only CPR information
- Heart-healthy tips on nutrition, cooking, exercises, reducing stress and more

Learn more at:

[NebraskaMed.com/Heart-Month](http://NebraskaMed.com/Heart-Month)

**FREE Health Fair**  
**Friday, Feb. 16**  
**11 a.m. to 1 p.m.**

**Durham Outpatient Center**  
 West Atrium, Level one  
 4400 Emile St.  
 Omaha, NE 68198

*Public parking is available in the Green parking at 4400 Emile St.*

- ♡ Heart-healthy snacks
- ♡ Giveaways
- ♡ Photo booth
- ♡ Heart art station
- ♡ Group yoga sessions



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