



40'S, 50'S AND FIT: What's My Heart Risk?

Thursday, Feb 20 • 6-7 pm
Portage Township YMCA
3100 Willowcreek Rd. • Portage

Join Cardiologist Abdul Kawamleh, MD as he discusses the subtle signs and symptoms of heart disease that may escape notice in the absence of more obvious indicators. Even those who exercise regularly, eat right and consider themselves fit, may be at risk without knowing it.

He will also discuss the importance of annual checkups, bloodwork and screenings, even for those who look and feel perfectly healthy, as well as which diagnostic tests may be recommended for patients who are asymptomatic for coronary disease.

Don't take your heart health for granted. Find out if you are at risk!

This program is FREE, but registration is necessary.
Call 219-836-3477 or toll-free 866-836-3477.

