

Talking Points

A Monthly Educational Series



February 20, 2012
3 p.m. - 4 p.m.

**Boutwells Landing Town Hall
5600 Norwich Parkway
Oak Park Heights, MN 55082**

Living a Heart-Healthy Lifestyle

Join us for this informative presentation by Dr. Brandi Witt of Lakeview Cardiac Center.

Dr. Witt will overview lifestyle changes that lead to good health and lower your chances of a heart attack.

- Identify steps to lower stress
- Learn simple changes to diet that have a big impact on health
- Identify resources available for further information and support

Light refreshments provided. For more information call 651.275.5000 or visit www.boutwells.org

Coming March 19
Learning About Assisted Living

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