



HEART HEALTH:

Understanding and Lowering Your Risk of Heart Disease

You are invited to attend our health seminar with **M. Chris Link, M.D.**
Sign up for one of the sessions below.

Saturday, Feb. 27 • 9-10 a.m.

or

Tuesday, Mar. 1 • 7-8 p.m.

Tunnell/Wherritt Community Conference Center
at Capital Region Medical Center • Enter through the main entrance.

45-minute lecture with questions afterwards.



M. Chris Link, M.D.

This event is **FREE** and **open to the public**, but seating is limited.

Please register online at
www.crmc.org/events or
by calling **573-632-5593**.



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