

# WHAT ARE YOUR HEART'S

## Lucky Numbers?



Do you know the three numbers that can indicate your increased risk of heart disease? Learn your numbers and how to change them at the **fifth annual Heart to Heart Luncheon on Friday, April 13.**

The Heart to Heart Luncheon, hosted by Saint Francis Medical Center and supported by committee members from the community, is an annual event committed to raising awareness of women's unique risk factors for heart disease. The luncheon features educational exhibits and free screenings along with a keynote speaker and meal, door prizes and gifts.

**Tickets are \$25 in advance and \$30 at the door. Purchase at the Fitness Plus Service Desk at 150 S. Mount Auburn Road or order online at [www.sfmc.net/hearttoheart.htm](http://www.sfmc.net/hearttoheart.htm).**



This year's keynote speaker is **Janet Brill, PhD, RD, LDN**, a nationally recognized expert in health, wellness and cardiovascular disease prevention, and the author of two books, *Cholesterol Down* and *Prevent a Second Heart Attack*.

### *Fifth Annual* **Heart to Heart**

#### **LUNCHEON**

Friday, April 13, 2012  
10:30 am-1 pm\*  
Drury Lodge  
104 S. Vantage Dr.  
Cape Girardeau, Mo.

*\*Educational exhibits open at 10:30 am; lunch and speaker begin at noon*

*Sponsored by*

**SAINT FRANCIS  
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