

Be Heart Healthy!

A Virtual Health Education Talk

**Presenter: Marie McCune, RN Stroke Nurse
at Mount Auburn Hospital**

This program will provide you with information about your heart, how it works and the importance of keeping it healthy. Information provided includes statistics on heart disease and the basics of how your heart works. You will also learn about risk factors for heart disease and how you might be able to improve your overall health by lowering the risk factors you have the power to change.

Date: Tuesday, March 9, 2021

Time: 11am – 12noon

Pre-registration Required

**To register
Call The Cambridge Council on Aging at 617-349-6220**