



You are invited to join us for a

VIRTUAL HEART HEALTH EVENT

February 25, 2021 | 6:00 p.m.

**Learn more about how to take care of your heart
... without having to leave home!**

Join us for the first ever virtual Heart Health Event facilitated by Vidant Bertie, Vidant Chowan and Vidant Roanoke-Chowan Hospitals.

Guest speakers include Dr. Courtney Saunders, board-certified cardiologist with Vidant Heart & Vascular Care, Penny Byrum, MAEd, RN, Program Director of Cardiopulmonary Rehab at Vidant Chowan Hospital, and Kelli Joco, MSN, RN, Manager of the Vidant Bertie and Vidant Chowan Cardiology Clinics. They will provide information about risk factors, causes and preventative measures for various cardiac issues, as well as treatment options.

You may even see one of your friends or neighbors in the Heart Walk segment as they share why they choose walking to keep their hearts healthy! Check out our hospital Facebook pages to learn more about the Heart Walk.

Registration is required. To register, type the following link into your address bar:

<https://tinyurl.com/VidantHeartHealth>

A link will be sent to the email you use to register - On the day and time of the event, you can click on the link you are sent to watch the seminar.



www.VidantHealth.com