



COMMUNITY CARDIAC AWARENESS

**Please join us for a free educational event
designed to promote heart health.**

Our Community Cardiac Awareness event at Copeland Oaks will provide attendees with the tools to maintain a healthy lifestyle, therefore a healthy heart. Our guest speaker, David Glasgo, BSN, RN, and Chest Pain Coordinator for Mercy Heart Center, will be speaking on ways to create a healthy lifestyle, maintaining a proper diet, signs and symptoms of heart disease, and the importance of seeking treatment quickly.



**Thursday,
February 22, 2018**

**5:30PM-7:30PM in
Copeland's Murphy
Auditorium**

**A light dinner will
be provided**

**Enjoy vendor
tables and special
giveaways**

**PLEASE CALL
330-938-1093
TO RSVP BY
FEBRUARY 15TH**

Copeland Oaks
Retirement Community

800 S. 15th Street

Sebring, Oh 44672

www.copelandoaks.com