

# February is American Heart Month



Heart disease is the leading cause of death in the US. Join us for a presentation discussing the signs and symptoms of cardiovascular disease. Learn how you can reduce your risk through the management of health factors and behaviors, such as nutrition tips and recipe ideas for heart-smart eating.

**THURSDAY, FEBRUARY 13**

**11:30 am–12:30 pm**

Presented by:

**Victoria Buhl**  
Community Impact Director, New Jersey  
American Heart Association

**Kimberly Varner**  
Senior Regional Dietician  
Weis Markets



Scan QR code to register

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