

# ADVOCATE<sup>in</sup>the COMMUNITY


## Free Lectures

presented by  
Advocate Good Samaritan Hospital



### Have a Change of Heart – Through Fitness

6:30 pm, Wednesday, Feb. 17

 Good Samaritan Health & Wellness Center, 3551 Highland Ave., Downers Grove

Learn how much exercise is enough to strengthen your heart muscle through fitness.  
*Health Advisor code: 4C46*



Presented by:  
Dr. Patrick Fenner,  
cardiologist

### Pediatric Heart Health: Looking to the Future

6:30 pm, Thursday, Feb. 25

 Lisle Park District Recreational Center, 1925 Ohio St., Lisle

Learn how parents and children can make heart-healthy choices to avoid the common risk factors children face leading into adulthood.  
*Health Advisor code: 4C49*



Presented by:  
Dr. Eleanor Ross,  
pediatric cardiologist

### Am I Having a Heart Attack?

6:30 pm, Wednesday, Feb. 24

 Lombard Village Hall, 255 E. Wilson Ave., Lombard


Learn the signs and symptoms of a heart attack and what to do if someone is experiencing them.  
*Health Advisor code: 4C47*



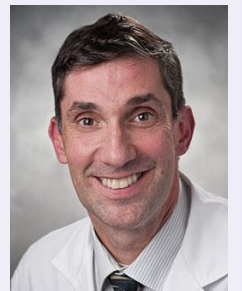
Presented by:  
Dr. Peter Kerwin,  
cardiologist

### Atrial Fibrillation

6:30 pm, Wednesday, March 2

 Downers Grove Library, 1050 Curtiss St., Downers Grove

Learn the newest medication therapy options and procedural treatments for atrial fibrillation (A-Fib), an irregular heartbeat.  
*Health Advisor code: 4C48*



Presented by:  
Dr. Matt Nora,  
electrophysiologist

To register, call 1.800.3.ADVOCATE

 Advocate Heart Institute