

**SPECIAL
CARDIAC
EVENT!**

Small Steps Make a Big Difference:

Your Playbook for a Healthy Heart

**Wednesday, March 10
Holy Cross High School Auditorium
6 pm – 8 pm**

FREE!

Is the thought of caring for your heart overwhelming?
Do you know the right foods to eat or how to keep your blood pressure in check?
Join us for “Small Steps,” a free, informative program that will outline
the steps you need to get on top of your game.

Join our panel of experts:

- ▶ Dr. Paul Kelly, cardiologist, Saint Mary's Hospital
- ▶ Dr. David Roer, Medical Director of Quality, Saint Mary's Hospital
- ▶ Alison Birks, MS, AHG, CNS, staff nutritionist at New Morning Natural & Organic Store in Woodbury, who is clinically trained in weight loss resistance.
- ▶ Dr. Peter Schulman, associate professor, Department of Medicine, University of Connecticut Health Center and personal physician for UConn Men's Basketball Coach Jim Calhoun.



Dr. Kelly



Dr. Roer



Alison Birks



Dr. Schulman

To register, please call Stefanie Arcangelo at
(203) 709-6214 or email stefanie.arcangelo@stmh.org.


Saint Mary's
HOSPITAL