

GIRL TALK

A time out for women

BRING YOUR VALENTINE!

Make My Heart Flutter

Dave Albert, MD, founder and chief medical officer of AliveCor, will discuss how you can use new technology to manage your heart care.

Nurse practitioner Amy Durako will discuss how unmanaged stress can become chronic and can result in heart disease, especially among women. Durako will provide tips on how to better control stress in an effort to reduce your risk.

Also, Amy Madigan Brown from Ahh Yoga will lead a gentle yoga and relaxation activity.

Friday, February 16, 2018
6 - 7:15 p.m.

Dove Conference Center
Prairie Heart Institute at HSHS St. John's Hospital
619 E. Mason Street, Springfield, IL
Fee: \$5 | Refreshments served

*For more information or to register, call (217) 814-4308
or visit the events and classes page at st-johns.org.*



Speaker:
Dave Albert, MD
Chief Medical Officer
AliveCor



Speaker:
Amy Durako, AGACNP
Nurse Practitioner
Prairie Cardiovascular

