

A HEALTH EDUCATION SERIES

Free Event!



Featured Guest:

Patricia Urquhart
Family Nurse Practitioner
Public Health-Idaho North Central District

Topic:

**HOW CAN I BE “HEART HEALTHY”
& AVOID CARDIOVASCULAR
DISEASE IF I HAVE DIABETES?**



JANUARY 15, 2013

6:00 P.M. TO 7:00 P.M.

SNAKE RIVER COMMUNITY CLINIC

215 10TH STREET, LEWISTON



To protect your heart and blood vessels, eat right, get physical activity, don't smoke, and maintain healthy blood glucose, blood pressure, and cholesterol levels. Source: Centers for Disease Control. www.cdc.gov.



For more information, contact Deb Merica at
Public Health - Idaho North Central District (208) 799-0379.
www.idahopublichealth.com