



American  
Heart  
Association.

**Live fierce.**

# STAY HEART HEALTHY

CONVERSATIONS AROUND PRIORITIZING HEART DISEASE  
AND SHARING HELPFUL RESOURCES

TUESDAY, FEBRUARY 16, 2021  
12:00 P.M. - 1:00 P.M.

Community conversation surrounding:

- Clinical guidance and support in understanding key warning signs of heart disease
- Fitness tips and ways to stay heart healthy amidst virus concerns
- LIVE cooking demo with nutritional support to eating heart healthy for the entire family
- Learn about other resources the American Heart Association is providing to support this important issue during Heart Month



**Dr. Rajeev Fernando**  
Cardiologist  
UnityPoint



**Susie Roberts**  
Dietitian  
Knoxville Hospital



**Tracey Orman**  
Onsite Wellness &  
Fitness Administrator  
Businessolver

**Register today!**

[CLICK HERE](#) and Follow along in the conversation by using the hashtag:  
**#AHAIOWA**

For additional information about this event, please contact [Wesley.Franklin@heart.org](mailto:Wesley.Franklin@heart.org)