

Join Dr. Lemon and Coach Lou as they co-present...

ABCs of Heart Health



Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk. Learn the facts and risks about heart disease and what we can do to manage or decrease our risk.

James Monroe Office Building
Capitol Square Healthcare Clinic Conference Room
Tuesday February 26: 12:05-12:50pm

Register early, limited spots available! To register contact Coach Lou at 844-342-1791 x 8578 or lwinterling@activehealth.net



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Capitol Square Healthcare
for State Employees