



HEART STRONG



PRESENTED BY: Katrina Purdy, Oregon CPR

www.OregonCPR.com

**Ellen Syversen, MPH, CHES, NTP, Pathways for
Health, LLC**

www.pathwaysforhealth.net

Celebrate American Heart Month as you learn seven steps to a healthier heart. We'll discuss the latest CPR, First Aid and AED techniques as well as a nutritional framework designed to make your heart strong.

LOCATION: Garden Way Retirement, 175 S. Garden
Way, Eugene, OR

2 Saturdays, February 1 & 8, 2014: 9 AM-12 PM

COST: \$35

For registration, payment & additional info, contact-

Max Fabry, HealerToday.com: 541-510-2548 or

maxfabry@HealerToday.com

*This class is co-sponsored by HealerToday.com, Spark of
Light, and LCC Successful Aging Institute (SAI)*