

Women's Heart Health



**FREE BLOOD
PRESSURE
SCREENINGS
5:30-6:30 p.m.**

Join us and take the pulse of your heart disease risks.

Cardiovascular disease is the most common cause of death for women. Take control of your heart health! Attend our free event and get a free blood pressure screening, learn about the risk factors and discover how you can start living a heart-healthy life today.

Speaker: Nazanin Azadi, MD, cardiologist

Moderator: Carol Sukimoto, RNI, clinical supervisor, cardiac and pulmonary rehab



We recommend an advanced healthy heart screening if you're age 35 or older and have even one of these risk factors:

- Diabetes
- High blood pressure
- High cholesterol
- Family history of cardiovascular disease
- Unhealthy diet
- Sedentary lifestyle
- Obesity
- Smoking

Learn more at 888-HEALING (432-5464) or [Providence.org/HeartScreening](https://www.providence.org/HeartScreening).

**WEDNESDAY, APRIL 11
FREE BLOOD PRESSURE
SCREENING: 5:30-6:30 PM
LECTURE: 6:30-8:30 P.M.**

Providence Little Company of Mary
Medical Center Torrance
Center for Health Education
(next to the Outpatient Diagnostic Center)
4101 Torrance Blvd.

Free valet parking. Complimentary refreshments will be served.

SEATING IS LIMITED. Reserve your space today.
Call 888-HEALING (432-5464) or visit [ProvidenceClasses.org](https://www.ProvidenceClasses.org).

 **PROVIDENCE**
Little Company of Mary
Medical Center
Torrance