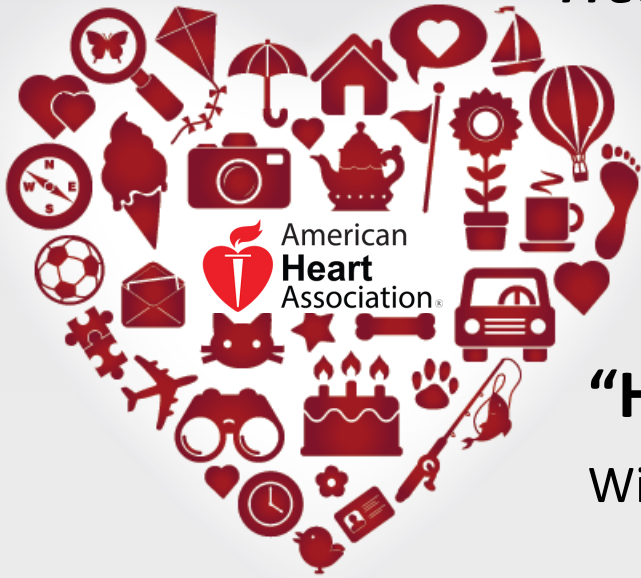


**Free Healthy Heart Dinner Lecture  
at Putnam Ridge!**



**WE'VE GOT  
HEART**

**“Heart Disease Prevention”**

With Dr. Patrick Thomas, Cardiologist



**Learn about prevention and risk factors of cardiovascular diseases!**

**Date: Thursday, February 16th**

**Time: 5:30 PM**

**Place: Putnam Ridge**

46 Ebo Rd N., Brewster, NY

**RSVP: 845-278-3636 (by 2/13)**

**GUEST SPEAKER:**

**Patrick Thomas, MD,  
Board-Certified Cardiologist**

NYU Hudson Valley Hospital and  
New York Presbyterian/Hudson Valley Hospital  
Chief of Cardiology and Chairman of Medicine

**WHAT YOU WILL LEARN:**

- ✓ **The burden of cardiovascular disease in this country**
- ✓ **The risk factors that lead to heart attacks and strokes**
- ✓ **The difference between men and women regarding cardiovascular disease**
- ✓ **The ways we can prevent cardiovascular disease**
- ✓ **The role of the AHA in cardiovascular disease prevention**

Please call to reserve:

**845.278.3636**

46 Mt. Ebo Rd. N., Brewster, NY

[www.putnamridge.com](http://www.putnamridge.com)



American  
**Heart**  
Association®



Seating is limited; Subject to weather; Complimentary dinner.  
Sponsored by the American Heart Association.