



# HEALTHY LIVING

## Healthy Heart. Healthy You.

In honor of American Heart Health Month, the Affinia Healthcare Chronic Disease Team is hosting an event for everyone to understand their heart health and how to stay healthy.

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- *Free health screenings: cholesterol, A1C and blood pressure*
- *Heart healthy educational resources*
- *and more!*

**Friday, February 20**

**11 a.m. to 2 p.m.**

**Affinia Healthcare**

3030 S. Grand Blvd., St. Louis, MO 63116

**For more information**

Medical Assistant and Health Coach Suvada Begic - 314-964-0679

**[www.affiniahealthcare.org](http://www.affiniahealthcare.org)**