

Coastal Healthy Communities Coalition Community Lecture Series

Have a Heart

Learn how to reduce your risk of heart disease

Wednesday, February 8, 12:30-1:30pm

Kennebunk Free Library

112 Main Street, Kennebunk

February isn't just for lovers. It's also Heart Health Month! Did you know that heart disease is the leading cause of death in the United States and is a major cause of disability? Join Cardiac Rehab Nurse Deborah Brown from Southern Maine Medical Center to learn about ways you can reduce your risk of heart disease. FREE resources and lunch will be provided.

**To register, contact CHCC at:
602-3504 or chcc@une.edu**

