



Are you **1 out of 20** at risk?

One in 20 Americans over age 50 has vascular disease — build-up of plaque in the arteries of your legs, neck or abdomen, which if left untreated can lead to a heart attack, aneurysm or stroke.

The Christ Hospital Heart and Vascular Center is dedicated to preventing vascular disease before it starts. Join us for a FREE vascular seminar with Dr. James Kong, vascular interventionalist from The Christ Hospital. Also, Chef Ryan from Café Bella will present a heart-healthy cooking demonstration.

RISK FACTORS

for vascular disease include:

- **Age 60 years or older**
- **Smoking history**
- **High blood pressure**
- **Diabetes**
- **High cholesterol**
- **Pain in the legs**
- **Family history of stroke, heart or vascular disease**

Café Bella

March 8 | 5:30 P.M. - 7:00 P.M.

LIGHT REFRESHMENTS WILL BE SERVED.

5948 Snider Road, Mason, OH 45040

Call today to register:

513.585.1000