

Norwescap Health Connections presents:

# Healthy Heart Virtual Event

## February 9th

TIME: **5:00 pm - 6:00 pm**

LOCATION: **Microsoft Teams**

COST: **FREE**

Join our **virtual event** with Dr. Bhavana Nerella from Star Community Health to learn how to take control of your heart health.

Discover valuable insights into maintaining a healthy lifestyle, understand the risk factors, and explore preventive measures. This session is designed to empower you with knowledge and strategies to improve your cardiovascular well-being. Whether you have questions about diet, exercise, or managing stress, Dr. Nerella will provide expert advice and guidance.

Don't miss this opportunity to invest in your heart health and connect with others in the community committed to healthier living.



Dr. Bhavana  
Nerella

# February 9th

## 5 pm - 6 pm

Virtual on  
Microsoft Teams

To register email  
[ceed@norwescap.org](mailto:ceed@norwescap.org)



**NORWESCAP**  
Health Connections