13th Annual Women's Heart & Stroke Seminar

The MemorialCare Heart & Vascular Institute and Comprehensive Stroke Center at Long Beach Medical Center are hosting their 13th Annual Women's Heart & Stroke Seminar.

At the seminar, you'll learn how to manage risk factors for heart disease and stroke, including:

- High Cholesterol
- Glucose (Sugar Levels)
- High Blood Pressure
- Obesity
- Smoking
- Lifestyle

Heart disease and stroke specialists will share the latest information about recognition and treatment of cardiovascular disease and strokes.

The **Comprehensive Stroke Center** is ready 24 hours a day, seven days a week to deliver advanced stroke care. It's the highest level of stroke certification, earned by meeting standards for the most complex stroke cases.

The **MemorialCare Heart & Vascular Institute** is dedicated to helping women and men identify heart disease and stroke risk factors, and researching how heart disease affects men and women differently.

Seminar Schedule

- **7:30 - 9 a.m.**
  Registration and Screenings
  - Blood Pressure
  - Carotid Ultrasound
  - Cholesterol & Blood Glucose (non-fasting)
  - Rhythm Strip
  - 1:1 Counseling with a Registered Nurse
- **9 a.m.**
  Welcome
- **9 - 10 a.m.**
  Emergency Systems of Care
- **10 - 10:35 a.m.**
  Minimally Invasive Approach to Mitral Valve Disease
- **10:35 - 11 a.m.**
  Break and Screenings
- **11 - 11:45 a.m.**
  What is a Stroke?
- **11:45 a.m. - 12:30 p.m.**
  Lunch
- **12:30 - 1:10 p.m.**
  Fear & Fragility After Stroke/Heart Disease Diagnosis
- **1:10 - 2 p.m.**
  Healthy Eating Habits

Register Today!
(562) 933-0100

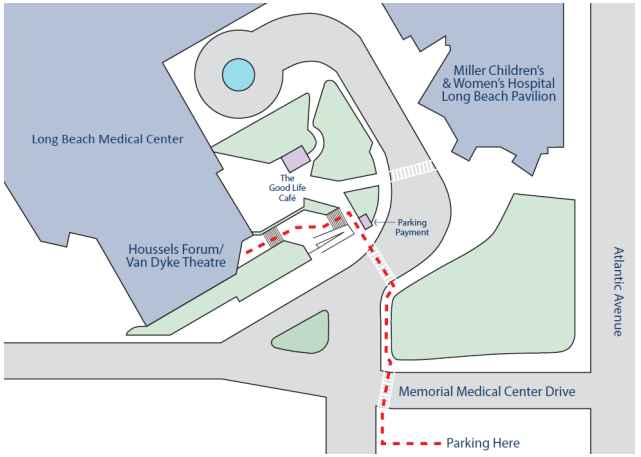
Location/Directions

This seminar will be held in Houssels Forum at Long Beach Medical Center.

Take the 405 (San Diego) freeway Atlantic Ave. exit.

Long Beach Medical Center is located three blocks south of the freeway. Turn right at Memorial Medical Center Dr. into the visitor parking lot.

Houssels Forum is located on the lower level of the medical center, below the main hospital entrance in the Center for Health Education.



Registration Card

Women's Heart & Stroke Seminar
Saturday, Feb. 22

Name:
First: _____ Last: _____

Mailing Address:

_____
Street

_____
City State Zip

Telephone: _____

Email Address: _____

Registration fee: $25 per person (continental breakfast and lunch provided).

Payment (please check one):
❑ MasterCard ❑ Visa ❑ Amex
❑ Check (payable to Center for Health Education)

Card Number: _____

CVV: _____
(three-digit number on back of card)

Expiration Date: _____

Signature: _____

Mail completed form and payment to:
Center for Health Education
2801 Atlantic Ave.
Long Beach, CA 90806

Or Fax: (562) 933-0101

For Office Use Only:
Acct. #9324-19 Registration #: _____

Ack. Ltr. Sent: _____

Long Beach Memorial Medical Center
2801 Atlantic Ave.
Long Beach, CA 90806

13th Annual Women's Heart & Stroke Seminar

Saturday, Feb. 22
7:30 a.m. - 2 p.m.

Register: (562) 933-0100

This event is open to men and women.

MemorialCare™
Long Beach Medical Center