



Lunch & Learn

GO RED FOR WOMEN

Women who consider themselves to be healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. That is why it's crucial to learn about heart disease and stroke, know your numbers, live a heart-healthy lifestyle and be aware of the risk factors of cardiovascular disease.

Dr. David Jacob will discuss the cardiac risk factors of a heart attack and stroke, and the healthy choices you can make to prevent them from happening to you.

Dr. David Jacob is the Chief, Division of Cardiology and Associate Chair, Department of Medicine at Saint Peter's University Hospital and has been in practice for more than 20 years.



 Parker at the Pavilion
443 River Rd, Highland Park
Classroom A/B

 Friday, February 1st

 11:30 AM – 12:30 PM

\$\$ FREE. Includes a heart-healthy lunch

February 1st is Wear Red for Women's Heart Health Day!

For more information and to RSVP, contact Margaret Fourounjian at mfourounjian@parkerlife.org or 732-565-2423

Symptoms of a Heart Attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.



Did you know...?

Cardiovascular disease is one of the leading killers of women, but 80% of cardiovascular disease can be prevented.