



Robert Morse, D.O., Cardiologist

Sally Freeman,  
Interpretive Park Ranger

# FREE Heart healthy hike

**Providence Seaside Hospital**, in partnership with Lewis and Clark National Historical Park invites you into the woods for a Heart Healthy Hike.

**1 p.m.**  
**Saturday, Feb. 28**  
**Lewis and Clark National Historical Park**  
92343 Fort Clatsop Rd.  
Astoria, OR 97103

Robert Morse, D.O., cardiologist, will speak about the risk factors for cardiovascular disease.

Following the heart healthy presentation Sally Freeman, Interpretive Park Ranger, will lead a 2-mile hike into the woods of our Lewis and Clark National Historical Park.

After the hike enjoy refreshments, Providence gifts and a prize drawing.

**The event is free but please register by calling: 800-562-8964**



**Creating healthier communities, together**