



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

 **PROVIDENCE**
Heart and Vascular
Institute

Creating healthier communities, together