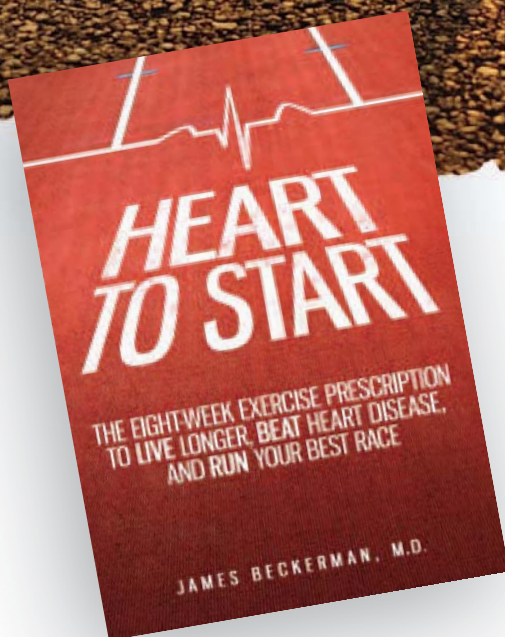


Stand up to heart disease.

It's not something you should
take sitting down. So don't.



Exercise your
right to live
longer and
more joyfully.
Attend a forum
to receive a
free copy of
"Heart to Start."



Join "Heart to Start" author
James Beckerman, M.D., for a FREE FORUM.

Thursday, May 7 • 6-7 p.m.

Astoria Golf and Country Club
33445 Sunset Beach Lane
Warrenton, OR 97146

The event is free, but space is limited. Please register at
www.providence.org/classes or call 800-562-8964.

www.providence.org/northcoast

