

CAYUGA HEART INSTITUTE PRESENTS:



# Cardiac Connections

FREE EDUCATIONAL SERIES & SUPPORT



## Heart Health During the Holidays

**December 13th, 2017 • 7:00 p.m. – 8:30 p.m.**

Bonnie Howell Education Center C & D

Cayuga Medical Center • 101 Dates Drive • Ithaca, New York



Did you know that between Christmas and New Year's Day there is a five percent increase in cardiac-related deaths?

Take charge of your heart health this holiday season with a cooking demonstration, heart-healthy holiday food samples, practical tips and information presented by Patricia Schaffer, MSN, RN-BC, CHPN, CCRN-K, PCCN-K.

**For more information, please contact:**  
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**Presenter:**  
Patricia Schaffer, MSN, RN-BC,  
CHPN, CCRN-K, PCCN-K  
Cayuga Medical Center



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*Cardiac Connections is a free education series that occurs the 2nd Wednesday of every month. The Cardiac Support Group meets on the 4th Wednesday of every month.*



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