

THE HEART MONTH LECTURES

# A Woman's HEART DISEASE *Health*



February is  
**American Heart Month**

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**Monday, February 13, 2012**

6:30 to 8:30 p.m.

**Tuesday, February 14, 2012**

2:00 to 4:00 p.m.

**Santa Monica Public Library Auditorium**  
601 Santa Monica Blvd

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ADVANCE RESERVATIONS REQUIRED-CALL 310-829-8453

MADE POSSIBLE THROUGH A GENEROUS GRANT BY THE HAROLD McALISTER CHARITABLE FOUNDATION

THE HEART MONTH LECTURES

# A Woman's

HEART DISEASE

*Health*



One in three women has some form of heart and blood vessel disease. In this free educational forum, Saint John's distinguished clinicians will discuss nutrition and a heart healthy lifestyle, risk of "metabolic syndrome," heart rhythm disorders, and coronary and peripheral artery disease. A nutrition exhibit and dietitian will be available before each forum.

## Pre-program Exhibits

### "Healthy Hearts" Nutrition

6:00-6:30 p.m. Monday, February 13

1:30-2:00 p.m. Tuesday, February 14

## Program

### Diet, Nutrition & Heart Health *Including Metabolic Syndrome*

**Sandra P. Fallon, MD**, Cardiologist

Member of the Medical Staff, Saint John's Health Center

### Skipped Beats, Rapid Heart Rates, and Rhythm Disorders *Including Atrial Fibrillation*

**Sarina van der Zee, MD**, Cardiologist and

Cardiac Electrophysiologist

Member of the Medical Staff, Saint John's Health Center

### Coronary and Peripheral Artery Disease *Including Stent Procedures*

**Prabhtej S. Brara, MD, FSCA&I**, Interventional Cardiologist

Member of the Medical Staff, Saint John's Health Center

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Parking is available in the structure off 7th Street for \$1/hr

*This program is not sponsored by the Santa Monica Public Library*



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