

The Jackson County Wellness Program,  
Well@Work invites you to participate in...

# Heart Health

**Date: February 15th, 2012**

**Time: 12:00pm-1:00pm**

**Where: The Department of Social  
Services**

**RSVP to Anna Lippard by Feb. 13th  
Phone: (828)587-8288  
Email: [annalippard@jacksonnc.org](mailto:annalippard@jacksonnc.org)**

**Special Guest:  
Dr. Haddock of  
Sylva Cardiology**

- Learn about:**
- Cholesterol Management
  - Hypertension
  - Heart Disease
  - Stroke

**Come and start  
taking care of  
your heart!**

