



At the Heart of Health

Health Educator Rachel Lendner teaches the basics of heart disease to help reduce your risk of Coronary Artery Disease (CAD). She'll discuss how diet and exercise choices can make a difference.

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Wednesday, February 14

12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

