



# Let's talk about **cardiac & pulmonary rehabilitation.**

COMPLIMENTARY  
LUNCH & LEARN!

## Ask an Expert Series: Cardiac & Pulmonary Rehabilitation

Thursday, Feb. 13

11:30 a.m.  
to 2 p.m.

Outpatient Pavilion  
at MedStar St. Mary's  
Hospital, Health  
Connections  
classrooms  
25500 Point  
Lookout Road,  
Leonardtown, MD

Formerly Senior Gold  
Card Luncheon



Join the experts from MedStar St. Mary's Hospital's **Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center** to learn ways to improve your cardiovascular health, as well as how to recover after a heart attack, and how exercise and lifestyle changes can help patients live better with chronic conditions such as COPD.

Lunch will be served at 11:30 a.m., with speakers beginning at 12 p.m. No cost to participate.

Pre-registration is requested. To RSVP or learn more, call Health Connections at **301-475-6019**.