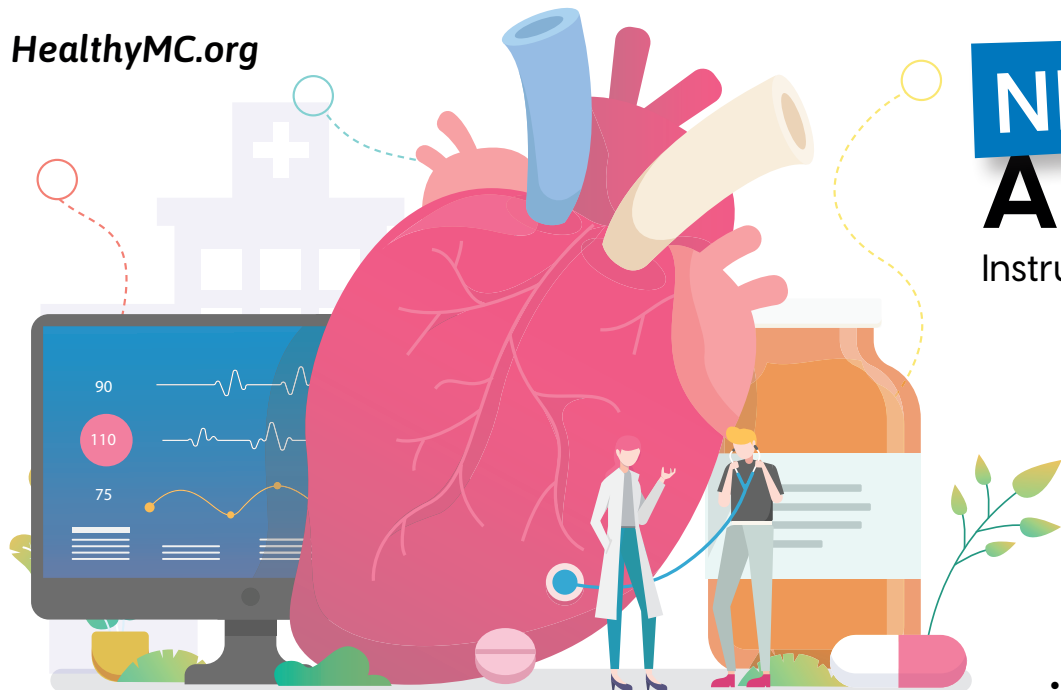


HealthyMC.org



NEW CLASS

A Healthy Heart

Instructor: *Sheridan Tarnasky, PA (retired)*

Wednesday, February 19th
11:00 am – 1:00 pm

Gilliam & Bisbee Building
106 E May Street | Heppner, OR 97836
541-676-5504

- Blood pressure checks
- Education on how to stay heart healthy this year
- Finger stick glucose check
- Medication safety checks
- Heart Healthy lunch & giveaways

 **MORROW COUNTY
HEALTH DISTRICT**
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Where healthier is happening... Boardman | Heppner | Lone | Irrigon | Lexington

541-676-5504

