

Eastern New Mexico MEDICAL GROUP

Cardiovascular Associates of Roswell

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Join us to celebrate Heart Month

FEBRUARY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 ♥	2	3 ♥	4
5	6	7	8	9 ♥	10	11
12	13 ♥	14	15 ♥	16	17 ♥	18
19	20	21 ♥	22 ♥	23	24	25
26	27	28				

All activities are open to the public. For more information on any of the listed activities contact Brooke Linthicum at 624-8746.

Feb 1, 9, 13, 21

Join us for lunch at the Eastern Eatery and we will provide you with some great information on Smoking Cessation! Quitting smoking is a great thing for your heart!

February 3th All Day

Go Red for Women Day! - Wear Red today to show your support.

February 4th @ Noon-1pm

How to be Heart Healthy– Educational Program presented by: Dr. Adajar; ENNMC Mesquite Room

February 7th @ 8:15 am

Heart Month Info-Listen to us Live on the Radio- KEND, KPZE, KSVP, KTZA

February 14th @ 7:00 am

Heart Month Info-Listen to us Live on the Radio- HOT 97.1, KMOU, KSFX, KOOL

February 17th @ 11:30 am

Health Sense: All about your Heart– Sharla Tucker, RN at ENMMC Senior Circle

February 21st @ 6-7pm

How to be Heart Healthy Program presented by: Dr. Adajar; Alton's Power Block Gym