



# HEART Month

February is  
National Heart Health Month

Enjoy an Educational Presentation on  
Heart Health  
presented by MaryKay from Iroquois  
Memorial Hospital

Join us on Thursday, February 15th at  
2:30pm in the Bickford living room

Handouts, pedometers and snacks will be  
provided



*Bickford*  
independent &  
assisted living

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