



# **Update: Tips for a Healthier Heart**

## **LUNCH & LEARN**

*Monday, January 22, 2010*

*Noon*

*Bryan W. Whitfield Memorial Hospital  
Classroom*

Come and enjoy a heart-healthy lunch and a discussion with Dr. John Mantle, Cardiologist.

The buffet luncheon is provided at a cost of \$5 per plate. Call 287-2626 for reservations.



**Tombigbee  
Healthcare Authority**

334-289-4000  
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