

# How to Maintain a **HEALTHY HEART AND MIND**



## JOIN BEAUMONT EXPERTS AND **PAULA TUTMAN** from **WDIV-TV4**

for an educational evening  
focused on ways to keep  
your heart and mind healthy.

**EVENT AND PARKING ARE FREE.**  
Appetizers, refreshments and contest prizes provided.

### **The event includes:**

- heart health information – Michael Tucciarone, M.D., interventional cardiologist
- information on what a stroke is, types, and signs and symptoms – Sara Chung, RN, stroke program coordinator
- stroke treatment options – Esther Young, D.O., neurologist
- interactive health fair
- Beaumont pharmacists to answer your medication questions
- free blood pressure screenings
- hands-only CPR education and training
- integrative medicine experts
- healthy eating strategies from Beaumont dietitians

 **Tuesday, May 8**  
**5-7:30 P.M.**

Doors and registration: 5 p.m.  
Presentation: 5:45-7:30 p.m.

 **BEAUMONT HOSPITAL, TROY**  
**44201 Dequindre Road**  
**Troy, MI 48085**

**Mocerri Learning Center**  
**(Ground Floor, Area F)**

*For event: Please enter the hospital from the north through the Emergency Drive. Continue straight and park in the northwest lot adjacent to the Mocerri Learning Center outside entrance.*



**SPACE IS LIMITED.**

TO REGISTER, CALL  
**800-633-7377** or visit  
**beaumont.org/heart**