

HEART HEALTH

FREE Dinner and Seminar to live a healthy life



Dr. Michael Jamison
Internal Medicine
Cardiologist

**Trained to care for your
cardiovascular system**

Dr. Jamison will talk about heart health, including diet and exercise. He will discuss heart disease and stroke prevention.

Dr. Jamison will be available to answer your questions during and following the presentation.

Livingston Memorial will present information on Livingston's Home Health Program.

DATE: September 14, 2017

TIME: 5:30-7:00 p.m.

WHERE:

**AlmaVia of Camarillo
(near Pleasant Valley Hospital)
2500 Ponderosa Dr. North
Camarillo**

**5:30-6:00 Heart Healthy Dinner
6:00-7:00 Presentation**



Livingston Memorial
Visiting Nurse Association & Hospice

PLEASE RSVP TO (805) 388-5277

ALMAVIA
of CAMARILLO
an ELDER CARE ALLIANCE community



RCFE#565800682