

Loving Your Heart

Wednesday, February 14

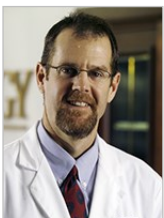
Noon –1:00 pm

Walb, Room 114

Lunch and Learn with Dr. Mark O'Shaughnessy, Cardiologist

Bring your lunch and learn about:

- **Assessing personal risk factors for heart disease**
- **Screenings: blood lipids, blood glucose, C-Reactive Protein and more**
- **Heart disease signs & symptoms in men vs. women**
- **Top 5 daily lifestyle habits for prevention of heart disease**



About Our Speaker:

Dr. Mark O'Shaughnessy joined Fort Wayne Cardiology in 1994 after completing his cardiology training at the Krannert Institute of Cardiology. He specializes in congestive heart failure, non-invasive cardiac evaluation, and prevention. Dr. O'Shaughnessy is actively involved in community education on the prevention of cardiovascular disease.

Healthy Boiler Program: This Lunch and Learn counts as **one hour** of **wellness activity**.

For more information, call 481-6647 or e-mail tillapau@ipfw.edu.

Learn more about upcoming Health and Wellness events at www.ipfw.edu/wellness and www.ipfw.edu/health.