



Live Fierce™

Reduce
Your Risk

Heart Failure and You

Keep your heart happy and healthy!

We invite you to join our **FREE** weekly health classes and learn how to take charge of your health

Heart failure is a leading cause of death in the United States We'll share ways you can take action to reduce your risk and live a full, healthier life

Upcoming Dates

What is Heart Failure?

Tues. Sept. 12, 2023 | 12:00pm - 1:00pm

Eating Smart More Fruits & Vegetables and Less Salt

Tues. Sept. 19, 2023 | 12:00pm - 1:00pm

Move More for a Longer, Healthier Life

Tues. Sept. 26, 2023 | 12:00pm - 1:00pm

Mental Well-being

Tues. Oct. 3, 2023 | 12:00pm - 1:00pm

Register today at:

<https://forms.office.com/r/ELC8w6XLPx>

Location:

Wilson Senior Center | 350 N C St, Oxnard, CA 93030

For more information contact:

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Phone: (626) 848 - 8228



Locally sponsored by:



Dignity Health.

St. John's Regional
Medical Center

St. John's Hospital
Camarillo