



Trillium
HEALTH RESOURCES

#OurHearts



**Self-care
for your heart
is really self-care
for your whole self.**

Heart Health SYMPOSIUM



NIH National Heart, Lung,
and Blood Institute



What to Expect:

- Speakers with subject experience
- Informative Workshop
- Importance of health screenings

ASL and Spanish Interpreters onsite for this event.

Heart disease doesn't take a break—so neither should we. Let's come together to learn, grow, and take charge of our hearts.

Friday, February 28, 2025

Check-In 8:30 a.m.

9 a.m.–12 p.m.

Light breakfast will be provided.

Columbus County

Administration Building

4th Floor Meeting Room

127 W. Webster Street

Whiteville, NC 28472

Join us this February for a dynamic and informative event dedicated to raising awareness about cardiovascular health. If you are wanting to improve your heart health or learn the latest in prevention strategies, this symposium is for you! Whether you're an at risk, a caregiver, or simply passionate about heart health, our symposium offers valuable tools to empower you and your loved ones to live healthier, happier lives.

You can't beat a healthy heart.

Reserve Your Spot Today for This Free Event!
registration.socio.events/e/columbushearthealth

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