



## **Free Health Workshop: Reducing Your Risk for Cardiovascular Disease**

Presented by Sharp HealthCare

**Tuesday, August 6, 2019**

**2:30 to 3:30 p.m.**

**Central Library, Mary Hollis Center**

**330 Park Boulevard**

**San Diego, CA 92101**

Cardiovascular disease is the leading cause of death in the United States. Attend this free health workshop to learn more about heart disease and ways you can reduce your risk.

**To register, call 1-800-82-SHARP (1-800-827-4277) or visit [sharp.com/citywellness](http://sharp.com/citywellness).**

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

*District 3 Councilmember Chris Ward is a proud supporter of this workshop.*