

Wellness Wednesday Seminar with MemorialCare Physician Dr. Dung Trinh

TOPIC:

Heart Health & Emotional Wellness

WHEN: Wednesday, February 18

TIME: 11:00 a.m. – 12:00 p.m.

WHERE: LBTCO El Dorado Park
In-Person & Virtual

ABOUT THE SEMINAR:

Heart health extends far beyond simply monitoring blood pressure, cholesterol, and blood sugar.

While "*knowing your numbers*" is a crucial foundation for assessing risk, emotional wellness such as chronic stress, anxiety, and depression are also linked to higher risks of heart disease.

Join Dr. Trinh as he discusses heart health and emotional wellness connection.



Presented by Dung Trinh M.D.

Click here to: [REGISTER](#) or
Scan QR code

Wellness Seminar with
MemorialCare Physician Dr. Trinh
Heart Health & Emotional Wellness



Limited giveaways and a raffle

