



**American
Heart
Association®**

life is why®



**Friday, February 1st
1:30 pm**



Larry Matthews is a survivor of a sudden cardiac arrest. He has been a guest speaker for the American Heart Association for over ten years, teaches bystander CPR with the Minnesota Sudden Cardiac Arrest Survivor Network, and is a heart center volunteer at North Memorial Medical Center in Robbinsdale.

On this **Go Red for Women Day**, everyone is welcome to join us as we enjoy heart healthy snacks while Larry shares his story and discusses how Cardiovascular Disease (CVD) impacts both men and women, CVD risk factors and heart healthy living.

**Tradition**

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TraditionLiving.org

