



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CARDIAC HEALTH FOR WOMEN

KNOW YOUR SIGNS & RISKS

## BALANCED HEALTH SERIES

Information for your overall wellness.



**TUESDAY, FEBRUARY 6, 2024**  
**12:00PM – 1:00PM**  
**FOND DU LAC FAMILY YMCA**



**FREE!**

Open to Y members and the community.  
Register online or by calling  
920.921.3330.



## PRESENTER: Dr. Sam Setty, Interventional Cardiology

Cardiovascular disease is the number one cause of death of women, 1 in 3 deaths each year. But the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes. Women's cardiac symptoms differ from men. Join Dr. Setty, SSM Health Fond du Lac Regional Clinic, as she shares her insight into prevention for women.

**FOND DU LAC FAMILY YMCA**  
90 W 2nd Street  
Fond du Lac, WI  
fdlymca.org

