

Recognizing the Gender Gap in Heart Attack Symptoms: Men vs. Women

Atlantic Health System/Chilton Medical Center

And

West Milford Community Services & Recreation

Research shows that signs of a heart attack can be very different in men and women. Women may experience symptoms that are less commonly associated with heart attack. Join us to discuss these signs and symptoms and learn exercises for optimizing heart health that can be done at home.

Presented by Dawn Siek, RN-BC, BSN, Assistant Manager

and

Christine Dorenbush, Senior Exercise Physiologist, Cardiac Rehabilitation, Chilton Medical Center

West Milford Library Rooms 1 & 2

2:00 - 3:00 PM

Tuesday, May 21st

Registration is required

1. To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for 2024 Senior Programs.
2. If you need assistance, call the Recreation Office at 973-728-2871. Monday—Friday, 8:30 a.m. – 4:30 p.m.