



How to Prevent and Identify a Heart Attack and its Effect on Our Lives, Part 2

**Featuring CBS Member and
Cardiologist Dr. Stephen Zaacks
Sunday, September 19, 2021,
Breakfast (\$7) at 9:30 am
Program at 10:00 am
(Link to follow if you register to attend by Zoom)**



Advance registration is appreciated but not required at
<https://bit.ly/cbsmensclub>

Dr. Stephen Zaacks is a cardiologist with Northwest Community Healthcare (NCH). He will help us answer these important questions relating to heart health:

- ♥ **What are the warning signs of a heart attack?**
- ♥ **What should I do to maximize my chances of surviving?**
- ♥ **What changes should I make in my day to day life?**



An ounce of prevention is worth a pound of cure! Dr. Zaacks will also teach us how we can improve our cardiovascular health to improve our overall health and prevent a heart attack.

Please Note: Masks Are REQUIRED Whenever You Are Inside The Building

**For more information contact Lawrence LeVine at 847.867.8984
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