



# HEART HEALTHY LUNCH & LEARN

**FEBRUARY 28, 2019**  
**11:45 AM-1:00 PM**  
**RIVER CITY EATERY**  
**\$10 ADMISSION**

Join us for a heart healthy lunch featuring River City Eatery's Feel Awesome menu items and guest speakers:

- Orvar Jonsson, MD-Sanford Heart Specialist
- Wendy Wenner, Cardiac Rehab Coordinator
- Ashley Gehl, Registered Dietitian
- Amber Hughes, Community Health & Wellness Coordinator
- Brenda Muller, Outreach Clinic Manager



**ORVAR JONSSON, MD**  
**CARDIOLOGY**

**FEATURED GUEST SPEAKER**

**Bonus Session**

Stay for a 20 minute session on WAH's Outreach Services from 1:00-1:20 pm with Brenda Muller, with a time for Q&A!

**Register with Kelsey Hanefeld at 507-407-3141 by February 22nd!**

