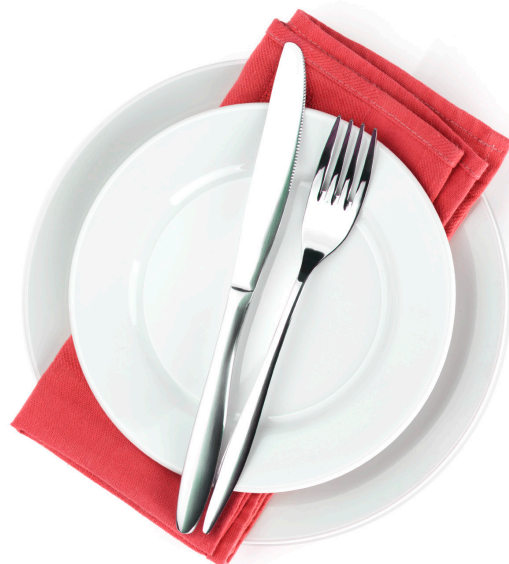


Lunch & LEARN



Topic: Heart Failure and the Role of Exercise in Cardiovascular Health

Thursday, June 5 • 12 - 1 pm

Learn more about heart health and exercise, as well as the work being done at UVA for older individuals with heart failure.



Presented by **Dr. Jason Allen**, PhD, RCEP, RVS, FACSM, Director of Exercise Physiology Graduate Program at the Robert M. Berne Cardiovascular Research Center.



Take the time to take care of your heart!

A boxed lunch to go will be provided. ***Space is limited!***

RSVP to Lori Madison at 434-973-1155 ext. 424 or lori.madison@our-lady-of-peace.com by Friday, May 30.



Our Lady of Peace
Retirement Community

434-973-1155

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