



Science Cafés are casual face-to-face conversations on current science topics led by a scientist, doctor or professional in the field.
Stop in, have some free pizza and join the fun!

February 10, 2016 – 6-7pm



“The Heart of the Matter”

Speaker:

**Thomas Brandt, MD
Cardiologist, Heart Care Center
Methodist Physicians Clinic**

February is Heart Month and what better way to find out how healthy your heart is than to hear from the professionals at Methodist Jennie Edmundson Hospital and Methodist Physicians Clinic’s Heart Care Center.

Please join:

- Dr. Thomas Brandt as he presents “***The Heart of the Matter***”
- Methodist Jennie Edmundson Cathlab staff’s “Show and Tell”
- Council Bluffs YMCA’s “Ways to Stay Fit”

Blood Pressure Check
Medication Review
Smoking Cessation
Body Fat Analysis

Healthy Food Options
Exercise Ideas
Cardiac Topics
Drawing for a Free Fitbit



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