

As a **FREE** Community Service Program by North Shore Medical Center, we are pleased to offer the following informative event:

PROTECT YOUR HEART: A Hypertension Overview



HEALTHY LIVING Lecture Series

Jose Centurion, M.D. | Cardiologist

Nearly one in three adults in the United States has high blood pressure, also called hypertension. High blood pressure is dangerous because it increases the risk of stroke, heart attack, heart failure, kidney failure, death.

High Blood Pressure is often called the “silent killer” because it usually has no symptoms until it causes damage to the body. Join Dr. Jose Centurion as he discusses how to lower your blood pressure and protect your heart.



Jose Centurion, M.D. — Cardiologist

TUESDAY, FEBRUARY 21ST

6:00pm – 7:00pm

North Shore Medical Center

Auditorium (off the main lobby area)

1100 N. W. 95 Street | Miami, FL 33150

Blood Pressure screenings will be provided, and a healthy dinner will be served. Reservations Required.

**TO REGISTER, PLEASE CALL
800.984.3434**

NORTH SHORE
Medical Center

www.NorthShoreMedical.com