

HEART MONTH 2024

# Putting Your Heart Into Heart Disease Prevention

Lots of doctors talk about heart health, but cardiologist **Dr. Dave Johnson** lives it. He has personally made lifestyle changes that have improved his heart health.

Join Dr. Johnson as he shares simple steps that make a difference in heart health for anyone at any age.

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**Thursday, February 22**  
**6 p.m.**

Adventist Health Columbia Gorge  
Deschutes Room (Second Floor)  
551 Lone Pine Blvd.  
The Dalles, Oregon



Mid-Columbia Medical Center

Will be known as:

**Adventist Health**   
Columbia Gorge