

## **Learn About Heart-Healthy Living for Women**

### **Inside and Out: A Woman's Healthy Approach to Living**

Saturday, Oct. 4  
9 - 11:30 a.m.

#### **Location:**

Bachman's on Lyndale Heritage Center  
6010 Lyndale Avenue South  
Minneapolis, MN

#### **Cost:** FREE

Gain new insights on healthy living by attending "Inside and Out: A Woman's Healthy Approach to Living." Join Shalini Bobra, MD, cardiologist with the Minneapolis Heart Institute's Women's Heart Health Program; Sharon Kshetry, MD, Women's Health & Laser Aesthetic Center; and Steve Harris, horticultural consultant, Bachman's on Lyndale Garden Center, as they share knowledge on:

- Heart disease
- Approaches in caring for women and their health needs
- Gardening tips

This will be an enjoyable morning to spend with mothers, daughters, sisters, and friends-- learning how to balance beauty and health, inside and out. A light breakfast will be available, along with giveaways and raffles.

The event is sponsored by the Minneapolis Heart Institute and Abbott Northwestern Hospital.

To register, please call Allina Class Registration at 612-262-3333.