



**My Heart.** My Life.



The Detroit Medical Center and the American Heart Association are proud to provide a day of

**FREE health screenings, seminars and information to help keep our community healthy!**

**Friday, November 4, 2011  
7:30 a.m. - 3:30 p.m.  
GM Wintergarden in the  
Detroit Renaissance Center**



**Special Guest Speaker**  
Joel Kahn, MD  
Medical Director,  
DMC Wellness Program



**Special Guest Speaker**  
Cindy L. Grines, MD, FACC  
Vice President of Academic Medical Affairs  
& Quality, DMC Cardiovascular Institute

**Our seminars, presented by DMC physicians and nutritionists will focus on:**

Getting Active  
Eating Better  
Losing Weight  
Controlling Cholesterol

Managing Blood Pressure  
Reducing Blood Sugar  
Stopping Smoking



The first 500 people to get screened and register at **My Life Check™** will receive a gift bag with information and giveaways from our sponsors.

**For more information, please contact:**

**Catherine Smith**  
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or

**Tonita Cheatham**  
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