

Heart of a Woman

One in 4 women in the United States dies of heart disease, and the risk factors, symptoms and testing are different for women and men. Learn what you can do to lower your risk and live a heart-healthy life.



Learn from women's heart health experts, featuring keynote speaker **Martha Gulati, MD**. She is chief of cardiology at the University of Arizona College of Medicine-Phoenix and coauthor of *Saving Women's Hearts: How You Can Prevent and Reverse Heart Disease with Natural and Conventional Strategies*.

Enjoy a gourmet, heart-healthy lunch — with cooking demonstration and Q&A — by Masterchef Season 4 winner **Chef Luca Manfè**, founder of Dinner with Luca.



Saturday, February 16, 2019

8 am — 5 pm

**Houston Methodist Research Institute
6670 Bertner Ave., Houston, TX 77030**

**\$20 per person*
Open to the public**

*** including lunch and refreshments**

JOIN US IN PERSON OR VIA LIVE WEBCAST!

REGISTER TODAY AT [EVENTS.HOUSTONMETHODIST.ORG/HOW](https://events.houstonmethodist.org/how)

Physicians: Houston Methodist is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Nurses: Houston Methodist is an approved provider of continuing nursing education by the Texas Nurses Association – Approver, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation. Houston Methodist will provide contact hours for this activity.