

Join the American Heart Association,<sup>®</sup>  
Circle of Red and Sara Campbell  
as we celebrate the release of

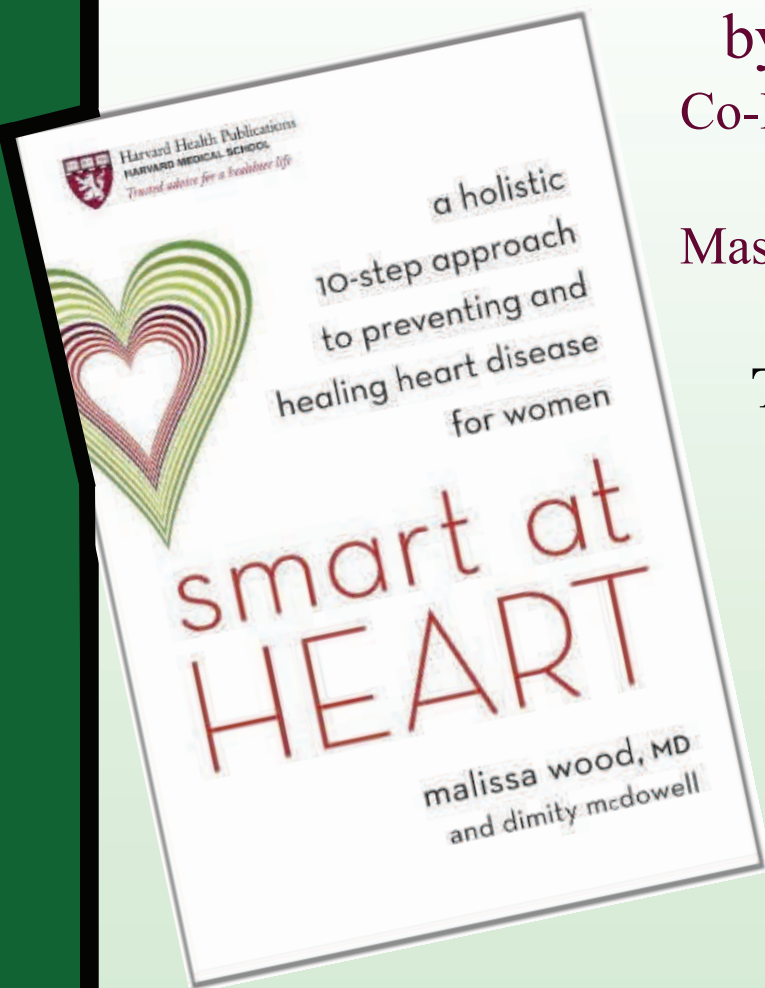
*Smart at Heart:  
A Holistic 10-Step Approach To Preventing and  
Healing Heart Disease for Women*

by Dr. Malissa J. Wood  
Co-Director, Corrigan Women's  
Heart Health Program  
Massachusetts General Hospital

**Thursday, January 19, 2012  
6:00pm - 8:00pm**

Sara Campbell LTD  
44 Plympton Street, Boston

RSVP by January 12 to  
[Lisa.kirkland@heart.org](mailto:Lisa.kirkland@heart.org)



If you are one of the millions of women who has been diagnosed with heart disease or are at risk for developing it, you might be surprised to learn that simple life changes will profoundly affect your health. According to a revolutionary study by Harvard-trained cardiologist Malissa Wood, true cardiovascular health must address the whole heart--its physical, emotional, and spiritual aspects.

