

I O W A T R I B E F I R E D E P A R T M E N T
PRESENTS



HEART HEALTH

Public Education Series with Tribal Elders

APRIL 28 | 11AM - 2PM

WHITE CLOUD BUILDING

(Refreshments will be served)

SPEAKER

JON KIERNAN

Emergency Manager/Fire Chief

- ◆ Heart and stroke warning signs
- ◆ Heart healthy habits
- ◆ Vital signs: what they should be and what they shouldn't be
- ◆ What to do when you are having heart or stroke related symptoms
- ◆ A quick overview of CPR
- ◆ The Fire Department offers blood pressure checks Blood pressure checks

Please RSVP to Billie Lincoln-Mauldin 405-547-5407 x254 or 888-336-4692 x254

