



Linked in Friendship, Connected in Service  
Minneapolis/St. Paul (MN) Chapter

# EMPOWER FOR HEART HEALTH FORUM

FEBRUARY 20TH 9-10:30 A.M.

FEATURING

DR. LAPRINCESS BREWER

DR. IESHA GALLOWAY-GILLIAM

DR. ESEOSA IGHODARO

DR. MELANIE BROWN

DR. ALLYSON BROTHESON

**JOIN US FOR A VIRTUAL HEARTLINKS FORUM  
FIGHT BACK AGAINST HEART DISEASE**

*Let's link hearts and commit to heart health!*

Local Black women physicians will give you practical tips and tools, healthy heart habits, and lifestyle & mindfulness practices to fight heart disease!

Get a free digital health journal!

**REGISTER ONLINE AT [MSPLINKS.ORG](https://msplinks.org) BY FEBRUARY 18, 2020**

**EMAIL US @ [MSPHEARTLINKS@GMAIL.COM](mailto:MSPHEARTLINKS@GMAIL.COM)**



**Take Action for Your Health!**

**HeartLinks is a registered program of The Links, Incorporated and the National Institutes of Health**