

# LET'S TALK HEALTH:

## Heart Health



Join St. Mary's Health & Clearwater Valley Health Cardiac Rehab Team at area senior centers for information how to keep a healthy heart!

### Nezperce Senior Center

Monday, Feb. 9th at 12:30pm

Jackie Bassett, Cardiac Rehab Tech  
Annie Vanator, Respiratory Therapist

### Prairie Mountain Nutrition

in Cottonwood

Tuesday, Feb. 17th at 12:15pm

Jackie Bassett, Cardiac Rehab Tech  
Annie Vanator, Respiratory Therapist

### Hilltop Senior Center

in Weippe

Thursday, Feb. 19th at 12:30pm

Rachael Childers, Cardiac Rehab Tech  
Mary Curtis, Respiratory Therapist

### Grangeville Senior Center

Monday, Feb. 23rd at 12:00pm

Jackie Bassett, Cardiac Rehab Tech  
Annie Vanator, Respiratory Therapist

### Kamiah Senior Meal Site

Wednesday, Feb. 25th at 12:15pm

Rachael Childers, Cardiac Rehab Tech  
Mary Curtis, Respiratory Therapist

### Clearwater Senior Center

in Orofino

Friday, Feb. 27th at 11:15am

Rachael Childers, Cardiac Rehab Tech  
Mary Curtis, Respiratory Therapist



Contact Leah Kaschmitter at 208.553.7878 with any questions.



St. Mary's Health



Clearwater Valley  
Health