



Health Talk 'n' Walk

GET FIT & LEARN

Join us at Goose Lake Park (2811 UAA Drive) for a brief outdoor seminar followed by a 30-minute walk on the Chester Creek Trail with our featured speaker.

- 5:45 pm Check-in, get water, stretch
- 6:00 pm 15 minute health presentation
- 6:15 pm Walk at your own pace for 30 minutes. Speaker will intermingle with the group to answer questions and expand on the topic.

This event is FREE. Be sure to dress for the weather. No pets, please. Reserve your space to 264-1722 or alaskaregional.com/calendar.

2018 SCHEDULE

Thursday, January 18

Speaker: **Krzysztof Balaban, MD**

Topic: **"Atrial Fibrillation: AFib Can Happen to Anyone"**

At least 2.7 million Americans are living with atrial fibrillation, which is characterized as an irregular heartbeat. Only 33% of this population thinks that it is a serious condition, and less than half believe they have an increased risk for heart failure or stroke (when in fact the stroke risk is five-fold).

Learn why AFib matters - join us for a brief presentation on the symptoms and causes of atrial fibrillation, and treatment for this condition.



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