

Heart Health Awareness Seminar

Date: February 10, 2024

Location: Community Health Center, 123 Wellness Blvd, Your City

Agenda Overview

- **9:00 AM - 9:30 AM:** Registration & Networking
- **9:30 AM - 10:15 AM:** Keynote Speech: The Importance of Heart Health
- **10:15 AM - 11:00 AM:** Panel Discussion: Risk Factors and Prevention
- **11:00 AM - 11:30 AM:** Break & Refreshments
- **11:30 AM - 12:15 PM:** Workshop: Healthy Eating for a Healthy Heart
- **12:15 PM - 1:00 PM:** Interactive Session: How to Stay Active
- **1:00 PM - 2:00 PM:** Lunch & Informational Booths
- **2:00 PM - 2:45 PM:** Guest Speaker: Success Stories in Heart Health
- **2:45 PM - 3:30 PM:** Q&A Session
- **3:30 PM - 4:00 PM:** Closing Remarks & Wrap-Up

We look forward to your participation in promoting heart health awareness!