Heart Disease

Understanding Your Risk

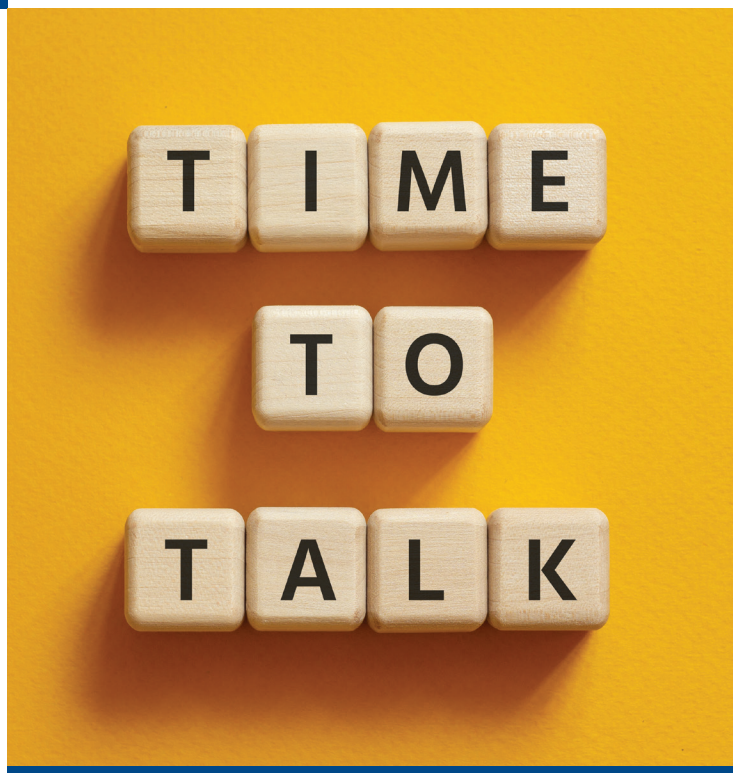
ASPIRUS HEALTH

Let's Talk About Heart Disease

Join Kristi Wegener, MD, Family Medicine Physician, for an informative discussion on heart disease, risk factors, prevention strategies, and steps you can take to improve your heart health.

Attendees will learn about:

- What heart disease is and how it develops
- Common risk factors for heart disease
- Understanding your personal risk of heart disease
- Ways to prevent heart disease and reduce modifiable risk factors
- Importance of routine screenings and preventive care
- Lifestyle changes that can improve heart health



Tuesday, November 10, 2026 | 6:00 pm

Refreshments & Presentation

Aspirus Houghton Clinic | 1000 Cedar Street, Houghton, MI

Free to attend, but registration is requested.

Call: 906.337.6541
Visit: aspirus.org/classes-events

Stay Informed. Stay Connected. There Is Hope.

Heart disease remains the leading cause of death in the United States, but many cases can be prevented through education, early detection, and healthy lifestyle choices.



Featuring:
Kristi Wegener, MD
Family Medicine

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