



# How to Survive a Heart Attack, and More Importantly, How to Avoid Heart Disease



**Dr. David Marmor**  
**Sunday, February 14th, 2021**  
**Zoom Program at 10 am**

Registration [Here](#)

**Optional Breakfast Pickup at 9 am**

Order Breakfast by February 8th [Here](#)

What are the warning signs of a heart attack? Are they the same for men and women? What should I do if I believe it's happening to me? Who do I call, and where do I go to maximize my chances of surviving?

Dr. David Marmor is a cardiologist with the NorthShore Medical Group who specializes in Congestive Heart Failure, Preventive Cardiology, and Peripheral Vascular Disease. He will teach us how to recognize the warning signs and symptoms of a heart attack, and what to do for the best possible outcome if you believe you are having one.

Since an ounce of prevention is worth a pound of cure, Dr. Marmor will also teach us how we can improve our cardiovascular health to improve our overall health and prevent a heart attack.

For more information contact Allen Lefkovitz at (312) 617-8820 or at [alefkovitz@gmail.com](mailto:alefkovitz@gmail.com)