



# Affair of the Heart

A FREE event  
focused on  
HEART HEALTH

TUESDAY, FEBRUARY 21, 2017 • 4:00 PM – 7:00 PM

Cameron Park Community Center • 2502 Country Club Dr., Cameron Park

## JOIN US

for an evening of heart-healthy foods by local restaurants, wine tasting, health screenings and talks presented by Marshall Medical Center experts.

### Educational Sessions

Tips for Living a Heart Healthy Lifestyle  
by *Scott Yoder, MD, Cardiologist*

Know the Signs: Heart Attack Symptoms  
in Men and Women  
by *Lena Avedissian, MD, Cardiologist*

### Cooking Demonstration

By Kim Medici  
of Table Nectar Local & Organic Catering

### Free Health Screenings & Chair Massage

### Exercise Demos

### Boutique Shopping

- Global Goods
- It's Organic!
- Victoria Perez Mott - Jewelry Artist
- Farmer's Delicatessen and Bakery
- My Health Destiny - Martha McGoldrick  
Certified Health Coach, CHHC, AADP
- Two Hot Chicks - Specialty Jams/Jellies
- Dog Friendly Trails
- Sam's Town Cyclery
- Snap Fitness
- And More

### Healthy Bites

- Bella Bru Café and Catering
- Bel Air
- Annabelle's Chocolates
- Placerville Food Coop
- Kobe Sushi and Fusion
- Wally's Pizza Bar
- Totem Coffee Roasters
- Argonaut Farm to Fork Cafe
- Raffle Prizes provided by Bistro 33,  
Sienna Restaurant & Winterhill Olive Oils
- And More!

### Wine Tasting

- Madroña Vineyards
- Lava Cap Winery
- Miraflores Winery
- Mastroserio

Please Carpool!

PRESENTED BY



**MARSHALL**  
MEDICAL CENTER

It's about you



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