

Aspiring
Women

Join us to beat
the winter blues!

an affair
of the



Saturday, February 4

*The Good, the Bad and the Ugly: Learn
about cholesterol and your heart health
with Cardiologist Peter Vaitkevicius, MD.*

**MICHIGAN TECH
MEMORIAL UNION BALLROOM
1400 Townsend Drive, Houghton, MI**

Also enjoy:

- Aspiring Women gift
- Wear red to be entered in a special drawing (optional)

9:00 am Check-in and FREE health screenings
9:45 am Self-defense basics for women
10:30 am Healthy brunch and mimosa bar
11:00 am The Good, the Bad and the Ugly with
Cardiologist Peter Vaitkevicius, MD
12:00 pm Optional: Valentine wreath making
(advanced sign up required)

Pre-registration is required for this FREE event.
Please register individually.

Call Jenn Jenich-Laplander at 906.337.6541 to register.


ASPIRUS™
Passion for excellence.
Compassion for people.