

The Importance of Cardiovascular Exercise for Heart Health



Tuesday, February 5, 2019

6:30 to 7:30pm

**Sussex County Library, Louise Childs Branch
21 Stanhope Sparta Road, Stanhope, NJ**

Presented by

Michael Mastaj, PT, DPT, OCS, Certified MDT

Lead Physical Therapist, Morristown Medical Center Health Pavilion

February is American Heart Month. Join physical therapist Michael Mastaj, to learn about the multitude of benefits cardiovascular exercise provides for your heart and overall health. This presentation will review different types of cardiovascular exercise and practical strategies for establishing individual fitness goals.



**Atlantic
Health System**

Hackettstown Medical Center

**The program is free, but pre-registration
is required. Call 1-800-247-9580 to register.**