



The heart of the matter — *is you.*

The Sinai Guild is proud to initiate a **FREE National Women's Heart Study,** and we can't do it without you!

Women's Heart Studies will take place at the following locations and dates:

- Congregation Shaarey Zedek, April 25 and June 3
- Oak Park Jewish Community Center, May 16 and June 29
- Adat Shalom Synagogue, June 13 and July 21
- Temple Israel, July 11 and August 4

All locations will conduct the Women's Heart Studies from 8am -12pm

- An **8-hour fast** is required prior to the study procedure
- For women 40 years of age and over
- The study includes blood draw, vitals, and ultrasound
- Report provided to all women study participants
- Part of a five-year research study on women's heart health

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