

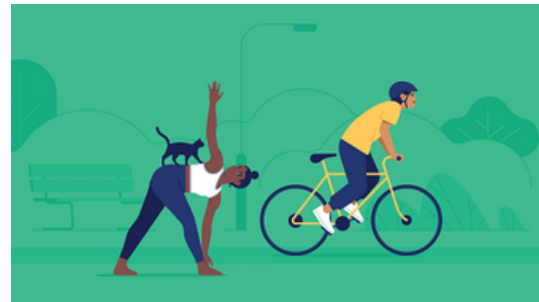
Inova Well Presents

Holistic Heart Seminar

February 15, 2024

12:00PM-1:00PM

This seminar will explore the latest science on emotional and social well-being and their profound effects on cardiac health. We'll discuss how the heart is truly our third brain when it comes to giving feedback to our bodies. Gain tools, skills and resources to start thinking and caring about your heart in a whole new way.



Join the Teams meeting:

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 280 404 745 503

Passcode: 5J9mxk

[Download Teams](#) | [Join on the web](#)

Join with a video conferencing device

inovahealthsystems@m.webex.com

Video Conference ID: 117 487 374 7

[Alternate VTC instructions](#)

Or call in (audio only)

+1 571-307-5517,,971911284# United States, Arlington

Phone Conference ID: 971 911 284#

[Find a local number](#) | [Reset PIN](#)

[Learn More](#) | [Meeting options](#)

