

ALDEN ESTATES OF EVANSTON

# MAKING YOUR HEART LOOK GOOD

## *Tips to a Younger, Healthier Heart*

*Presented by Dr. Junaid Ahmed*

**Monday**  
**July 23, 2018**

5 p.m. Doors Open

5:30-6:30 p.m.

**Presentation and Appetizers**

Dr. Junaid Ahmed is a board-certified cardiologist who helps patients recover and transition from the hospital to a short-term rehabilitation setting. Dr. Ahmed will discuss heart health, how to maintain a young heart, healthy lifestyle options and treatment options for those with heart-related medical conditions and risk factors.



**Dr. Junaid Ahmed, M.D.,**  
*Board Certified in Cardiology,  
Echocardiogram, and Internal Medicine*



**PLEASE RSVP BY JULY 17th**  
to Daisy Altamirano at 773-490-1990 or  
[daisy.altamirano@thealdennetwork.com](mailto:daisy.altamirano@thealdennetwork.com)

**ALDEN**   
**ESTATES OF EVANSTON**

SHORT-TERM REHABILITATION AND HEALTH CARE

2520 Gross Point Road | Evanston | 847-328-6000 | [www.AldenEstatesofEvanston.com](http://www.AldenEstatesofEvanston.com)

