

ECUMEN®

Pathstone

LATITUDE

Independent Living

AN EDUCATION SESSION:

UPCOMING EVENTS – EDUCATION SERIES:

Your Role in Your Health

– *What You Can Do to Make You Feel Your Best*

Date/Time: Thursday, July 21st at 2:00 pm

Where: Ecumen Pathstone Latitude
– Cardinal Point Learning Center
115 Rogers Street | Mankato, MN 56001

Presentation Topics:

- What is preventative medicine?
- Frailty in the aging population
- Blood Pressure Control
- Stroke Risk Factors
- Difficulty Sleeping



*Presenter: Katie Pace,
APRN, CNP | SWMN
Senior Services
Nurse Practitioner*

Presented by: *Mayo Clinic Health System*



Scan QR Code to Learn More
or visit ecumenpathstone.org/event

RSVP to Pam at:
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