



Saint Clare's Health

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# WHAT IS AFIB & WHAT DOES IT DO TO YOUR HEART?



**TUESDAY, MARCH 26 @ 6:00PM**  
**FREE COMMUNITY PROGRAM OPEN TO ALL**  
**LAKELAND HILLS FAMILY YMCA**

## WHAT

Atrial Fibrillation, or **AFib**, is an irregular heartbeat that can lead to complications such as blood clots, strokes, or heart failure. At least 2.7 million Americans are living with AFib. February is American Heart Month, so attend this program to learn about the symptoms of atrial fibrillation, associated risks, living with AFib, & disease management.

Our speaker is Ronald Massari, MD, PhD, FACC who is Board-Certified in Internal Medicine and Cardiovascular Disease. Dr. Massari is Fellowship-Trained in Cardiology and currently practices at Cardiology Consultants of North Morris, located on Route 46 in Mountain Lakes. He is the AFib Physician Champion for Saint Clare's Hospital.

## Cardiac arrhythmia

## WHEN

Tuesday, March 26 at 6:00pm  
This is a rescheduled date from 2/12.  
If you registered for the 2/12 class,  
no need to do so again.

## REGISTRATION

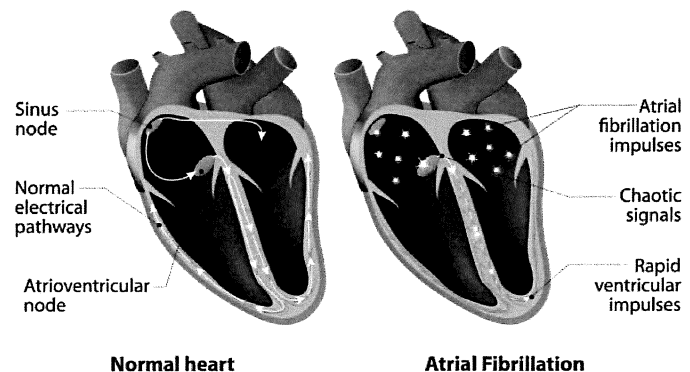
Free program open to all  
Register online, in person, or call the Y

## CONTACT

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## LAKELAND HILLS FAMILY YMCA

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Normal heart

Atrial Fibrillation