



# Mission Regional Medical Center

You might not give it much thought throughout the day, but your heart is working around the clock for you. Your heart is the most important muscle in your body because it pumps blood and oxygen to all of your organs. Join our Health Seminar to learn about the importance of a Healthy Heart.

**Topic:** “Healthy Heart”

**When:** Thursday, February 17, 2022

**Time:** 2:30 p.m. – 3:30 p.m.

Please join us via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFV RdENzWXI5VUxFT1ZUQT09>

Meeting ID: 990 466 2781

Passcode: 833227

One tap mobile

+13462487799,,9904662781#,,,,\*833227# US (Houston)

Dial by your location

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Meeting ID: 990 466 2781

Passcode: 83322



***Please register with Human Resources no later than  
Wednesday, February 16, 2022.***