



KCMS WELLNESS EVENT: *PAINT, SIP, SHOP & TALK!*



HEART ATTACKS IN WOMEN: THE SIGNS WE MISS



FRIDAY OCTOBER 9, 2026



5:30PM – 7:30PM



**LOCATION: THE DOCTORS CLINIC
CAVALON PLACE**

**2011 NW MYHRE RD, SILVERDALE
UPSTAIRS BOARD ROOM**



COST \$25 PER PERSON
ADULTS ONLY & OPEN TO
THE PUBLIC TO ATTEND



**JOIN US FOR A HEART WELLNESS TALK BY
CARDIOLOGIST DR. ALLEN RASSA AND
CHRISTIE MERRILL WITH SOUND BEATS!**

Heart disease is the leading killer of women, yet symptoms and risks are frequently missed. Key issues include atypical heart attack signs, unique female risk factors, and vital prevention steps.

**JOIN US TO LEARN ABOUT IMPORTANT
LIFE SAVING WARNING SIGNS!**



ALSO EXPECT

LIGHT FOOD, DRINKS,
A PAINTING ACTIVITY,
RAFFLE AND SHOPPING FOR
FASHIONABLE WOMENS CLOTHING



PLEASE RSVP BY OCTOBER 5, 2026
KCMSMED@GMAIL.COM
360.689.2928



COST: \$25 – MAIL PAYMENT TO
KCMS – PO BOX 490, SILVERDALE, WA 98383
PLEASE INCLUDE THE NAME(S) OF THOSE
YOU ARE BUYING TICKETS FOR



THANK YOU TO THE DOCTORS CLINIC FOR THEIR USE OF THE EVENT SPACE!

