

# YOUR NUMBER IS WRONG

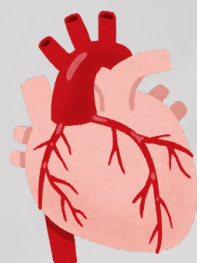
## Rethinking Heart Disease Risk

With a Physician + Performance Coach

A powerful, interactive session breaking down what actually matters for heart health—combining medical insight with real-world performance.



**Dr. Nadia Sirdar, MD, MPH**  
Internal Medicine



THURSDAY  
**18**  
JUNE  
**6.00**  
**PM**

Nesfield Performance Bethesda

**REGISTER NOW:**

SCAN



**Tiffany Nesfield**  
Owner / Movement Specialist

This is not a typical heart health talk. Learn what your numbers really mean, explore updated risk insights, and discover how training and lifestyle impact your heart health.

**CONTACT US**



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