

IN RECOGNITION OF NATIONAL HEART MONTH



Have a Healthy Heart!

February 19, 2015



MacNeal Hospital

Staff Room
3249 S Oak Park Avenue
Berwyn IL 60402

Sample some heart healthy snacks!

Don't miss your chance to win prizes to keep your heart healthy including a Fitbit and bicycle!

4pm-6pm

Screenings:

- ♥ Blood pressure
- ♥ Body mass index
- ♥ Waist circumference

Learn why it's important to know these numbers!

6pm-7pm

Presentation by panel of experts:

- ♥ Michael Flisak, D.O.
Cardiology
- ♥ Kristin Ross, R.D.
Dietitian
- ♥ Deanna Horner, Pharm.D., B.C.P.S.
Pharmacy
- ♥ Betsy Hart, MS, C.E.S.
Exercise Physiologist

Meet experts who will provide tips to keep your heart healthy.



MacNeal Hospital

*Don't forget
to wear red!*

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