

Love Your Heart

Learn how to really love your heart!

8:00 - 9:00 - Lipid Panel Blood Test \$25

Education

9:00 - Introduction to a Healthy Heart

presented by Karen Taylor / Deborah Zolkos

9:30 - Latest in Heart, Lung & Vascular Care

presented by Tom Kartis, M.D.

10:00 - Reduce Stress for a Healthier Heart

presented by Jennifer Weiner, SLIP Director

10:30 - Heart Healthy Living

presented by Sam Altajar, M.D.

11:00 - Tobacco: An Independent risk factor for Heart Disease and Heart Attack

presented by Deirdre Dingman, MPH, CHES, PAPHS

11:30 - "Rehab"ilitating your Heart

presented by John Fernandez, PT, ATC, OCS, CSCS

12:00 - Dash Diet / Box Lunch Provided

presented by Karen Taylor



DeSoto
Memorial
Hospital

900 N. Robert Avenue
Arcadia, FL 34265

9:00 - 10:00
Nutritionist
Consultation
(Appt Only)



When: February 4, 2010

Where: McSwain Room

Time: Registration begins 8:45am

Why: Education is a Powerful Tool!

Space is limited.

Call Kristen at 993-7601 to reserve your seat.

Growing to better serve you and your community...