

Eating Smart for a Healthy Heart



Thursday, February 27 • 7 – 8:30 p.m.

West Kendall Baptist Hospital

9555 SW 162 Ave – West Wing Auditorium

Join us as we talk about how important it is to be heart healthy. All ages are welcome to those with heart disease, risk factors for heart disease, or those who just want to be sure they do not get it! This program will discuss how to make eating healthy and staying physically active easy so you can commit to leading a heart healthy life.

Space is limited and registration is required. To register for programs, email Programs@BaptistHealth.net, or call 786-596-3812.



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