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**~ For Immediate Release ~**

## **Free Program on Heart-Healthy Foods at Lakeland**

(ST. JOSEPH) – Lakeland Health will present “Eating Right for a Healthy Heart” on Thursday, March 26, from 6:00 to 7:00 p.m., in Community Room at Lakeland Medical Center, St. Joseph, 1234 Napier Avenue.

At this free program, a registered dietitian will discuss how better food habits can help reduce the risk of heart disease and stroke, and give participants tips on following the American Heart Association’s eating plan.

A 24-hour advance registration for this class is requested. For more information or to register, call (269) 556-2808 or (866) 260-7544. Visit [www.lakelandhealth.org](http://www.lakelandhealth.org) or find Lakeland Health on [Facebook](#) or [Twitter](#) for more classes and events.

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