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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 Tuesday, April 14, from 1:00 to 2:00 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 required. For more information or to register, call (269) 556-2808 or (866) 260-7544. Visit www.lakelandhealth.org or find Lakeland Health on Facebook or Twitter for more classes and events

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