



# Eating for a Healthy Heart

Understand how lifestyle choices impact heart health, including blood pressure, cholesterol, diet, and exercise.

## Eating for a Healthy Heart

**Tuesday, March 24**

**1:30 p.m. - 2:30 p.m.**

**Register Now**

**Space is limited.**

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

