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**Contact:** Laura Bailey, (269) 927-5123

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~ **For Immediate Release** ~

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

**(ST. JOSEPH)** – Lakeland HealthCare will present “Eating Right for a Healthy Heart” in St. Joseph in June. The class will be presented at 6:00 p.m. on the following date:

- Thursday, June 21, Lakeland Regional Medical Center, St. Joseph, 1234 Napier Avenue, St. Joseph

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.

For more information or to register for this free seminar, call (269) 556-2808 or (866) 260-7544.

Visit [www.lakelandhealth.org](http://www.lakelandhealth.org) or find Lakeland HealthCare on Facebook or Twitter for more classes and events.

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