

Celebrate Heart Month



Preventing Heart Disease: Stay healthy with grains and exercise

Wednesday, February 17 at 5 p.m.

The Crossing, 1203 Washington St., La Porte

Norma Wehrman, Registered Dietitian and
Lynn Zeiler, Exercise Specialist

All who attend will receive a
free 2 week "class pass" for The Crossing.

Refreshments provided, no registration necessary. Questions, call (219) 326-2476

From the Heart:

The difference a screening can make

Tuesday, February 23 at 5 p.m.

La Porte Hospital, Auditorium

Pam Upp and
Dr. Mark Dixon, Electrophysiologist

Free blood pressure screenings
will be offered.