




*Public Nutrition Class!*  
*“Keep the Beat: Eating Well for a Healthy Heart”*



February is National Heart Health Month, and this month we are reminded that heart disease is the leading cause of death for both Men and Women, claiming over 600,000 lives in 2015 alone—yet 80% of these cases are preventable through lifestyle and nutrition. If you have been diagnosed with a heart condition, are at risk for heart disease, or simply want to eat well for a healthy life—Join us for this no-cost presentation on tasty ways to care for your heart. Whitman Hospital’s Registered Dietitian, Anna Hein, RD, CD, will be providing a lesson on the basics of heart disease, how nutrition and lifestyle plays a role, and some tasty cooking tips to feed your ticker!

**Where:** *Lower Level Dietary Conference  
Room by the Café  
Whitman Hospital and Medical Ctr.  
1200 West Fairview St. Colfax, WA*

**When:** *Wednesday, February 24th  
5:30 - 6:30pm*

*Questions? Contact #509-397-5743*

