



UNITED in Heart Health

American Heart Month

FRIDAY
FEB. 10, 2023
11 AM - 2 PM

Safe Haven
St. Dymphna Chapel
23251 S. Robin Road
Mandeville, LA 70448

Learn how to love your heart

February is American Heart Month, and we invite you to join us Feb. 10 for an adult heart health event, made possible by American Heart Association, Chevron, St. Tammany Health System and other community sponsors.

For more details email: BeWell@stph.org.



Among the resources that will be provided are:

- Heart-healthy food boxes sponsored by Chevron.
- Blood pressure screenings.
- Carotid ultrasound screenings.
- Community garden planting opportunity at 9 a.m., followed by tours from 11 a.m. to 2 p.m.



Healthy for Good™

