Celebrating 15 Years of Cardiac Care



WEDNESDAY, FEBRUARY 11

11 a.m. to 1:30 p.m., 4:30 to 7 p.m. and 1 to 3 a.m.

Cake will be served in the Cafeteria.

THURSDAY, FEBRUARY 12

in the Bistro Lobby

9 a.m. to 3 p.m.

Low-impact, heart-healthy exercises or yoga every hour, except 2 p.m., lasting 10 to 15 minutes each

11 a.m.

Heart healthy food samples available while supplies last

11:30 a.m., 2 p.m. and 4 p.m.

15-minute presentations on heart-healthy foods and tips from a dietitian

FRIDAY, FEBRUARY 13

Jean Day

Elkhart General Foundation congratulates Center for Cardiac Care on their 15th anniversary.

All donations will assist heart patients at Elkhart General Hospital.

Stickers will be available in the Bistro, Cafeteria and Nursing Administration for $5.

ELKHART
GENERAL HOSPITAL
FOUNDATION