

Heart Care Programs

Lakeland HealthCare offers a variety of programs designed to help you **live a healthier lifestyle**. These programs are free and offered at various times and locations.

Heart Lessons

This free one-hour class was created to help you understand heart disease, identify your risk factors, and learn how to decrease your chances of heart attack or stroke.

Eating Right for a Healthy Heart

Join us to learn how better food habits can help reduce your risk for heart disease and stroke. A registered dietitian will give participants tips on following the American Heart Association's eating plan.

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

Nutrition Counseling

For more information on one-on-one nutrition counseling with a registered dietitian, call (269) 556-7171 or (866) 260-7544.

