

Allegiance Heart Center Presents Celebration of the Heart

Be Good to Your Sweet Heart

Wednesday, February 11

5:30 p.m. – 8:30 p.m. at Ella Sharp Museum



Zonya Foco, guest presenter on “Oprah & Bob’s Best Life Challenge,” nationally known nutritionist, best-selling author and TV host.



Heart-healthy cooking demonstration by **Adrien Sharp**.

Limited seating available, call (888) 335-7241 to make a reservation.

Cost: \$5 payable at the door.

Heart Healthy Screenings

Saturday, February 14

9 a.m. – 4 p.m.

Allegiance Heart Center

Free PAD screening by appointment and pulse ox, blood pressure and BMI checks. Call (888) 335-7241.

Women’s Heart Presentation and Fashion Show

Thursday, February 19

Hosted by Allegiance Women’s Health, call (517) 787-4405 to make a reservation.

5th Annual Heart Healthy Expo

Saturday, February 28

Presentations, educational exhibits, heart-healthy food and cholesterol checks, hearing screenings and PAD screenings by appointment, call (888) 335-7241.