



# HEALTHY HEARTS

Keep your heart healthy and happy  
with help from Lakeview Pantry!

## Blood Pressure Screenings

Did you know that 1 in 3 Americans have high blood pressure? Get your blood pressure taken and learn how to lower your risk!

**February 1, 11am - 3pm**

**February 8, 11am - 3pm**

## Healthy Hearts Nutrition Day

Have questions about improving your diet? Get your nutrition questions answered to keep your heart going strong!

**February 15, 11am - 3pm**

**WHERE: SHERIDAN MARKET  
3945 N. SHERIDAN RD.**

*\*All events hosted by DePaul University nursing students. Nursing students cannot diagnose medical conditions. Please consult with your doctor regarding any concerns.*

**No appointment required!** For more information, please reach out to our Social Services Department at:

**773-525-1777 ext. 300** or **[socialservices@lakeviewpantry.org](mailto:socialservices@lakeviewpantry.org)**.



**LAKEVIEW PANTRY**

Food for Today, Hope for Tomorrow