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.