



# Making Healthy Food and Lifestyle Choices

*presented by the American Heart Association*

Only YOU can make healthy choices every day. Your lifestyle and eating habits influence how well your heart and body work and how you feel. Learn how to reduce your risk of heart disease and stroke.

**Wednesday, November 7, 2-3 pm**

**Laclede Groves**

**723 Laclede Station Road**

**St. Louis, MO 63119**



**American  
Heart  
Association®**



This free program is offered in partnership with the Shepherd's Center.  
Registration is requested – 314-395-0988