



# The Ultimate Valentine: Taking Care of Your Heart Through Nutrition

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**Thursday, February 12**  
**12 p.m.**  
**Graham Center, Room 305**  
**MMC**

**Register**



February is American Heart Month, making it the perfect time to focus on heart-healthy habits. In this interactive lunch-and-learn, participants will learn how everyday food choices can support heart health.

### **This session will cover:**

- How to build a heart-healthy plate
- The role of fiber, healthy fats, and sodium in cardiovascular health
- Practical strategies for heart-smart snacks and meals
- Easy swaps that support blood pressure, cholesterol, and overall heart health
- How to read food labels

Questions? Contact [HR Relations](#) at (305) 348-0101.

