

# Heart Smart Series:

Have a Change of Heart about Heart Health!



OKLAHOMA  
HEART HOSPITAL  
SOUTH CAMPUS

**Every Wednesday in July!**  
**South Campus**

**11:45am - 1:00pm**



- July 7th **“Heart Healthy Eating”** (with easy to prepare recipes & cooking demo) with Chef Fernando Acuna and OHH Dieticians
- July 14th **“Diabetes: Sticky Side of Sweet”** with Dr. Chandrasekaran
- July 21st **“Mind, Body & Soul: Stress, Fitness & You”** with Dr. DuRoy
- July 28th **“Techno-What?! The Latest in Testing & Treatment”** with Dr. Alnabhan

Please join us for an important series about you and your heart. Oklahoma consistently ranks at the top nationwide for our poor heart health. Together we can change that terrible ranking. Find out how you can take charge of your heart health with simple changes that can make a world of difference for you, your family & our State.

**Seating is limited, so please call to reserve your spot today! 628.6400**

*Serving the State  
Leading the Nation*

**FREE LUNCH!**

**OKLAHOMA HEART  
HOSPITAL  
SOUTH CAMPUS**

**I-240 & Sooner Road  
5200 E. I-240 Service Rd  
Oklahoma City 73135**

[www.okheart.com](http://www.okheart.com)