

February is American Heart Month!

**Diabetes Support Group— February 13 @ 4:30pm
Conference Room A/B**

**Join us for myths and facts about
heart health on
February 13 @ 4:30pm in
Conference Room A/B!**



This month, Jessica Minchow, Registered Nurse from Cardiac Rehab, will speak about overall heart health! There will also be a heart healthy recipe of the month provided by

Registered Dietitian, Megan Steffen!

Anyone is welcome (not just diabetics)!



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