

FEBRUARY lunch & learn: HEART HEALTH



Bring your lunch and join us!

February is American Heart month! What better way to show your Valentine you care than to take good care of your heart? This presentation will discuss:

- what 'good' nutrition is
- the importance of eating a healthy diet
- what, exactly, a heart healthy diet is

presenter: Andrea Wagner, MS, RDN, CD, CLS; Clinical Nutrition Supervisor; Aspirus Riverview Hospital and Clinics, Inc.

date: Thursday, February 16

time: 12:00-12:45pm

location: Wood County Courthouse, Room 114

RSVP: Appreciated for room set-up: Wendy Young at 715-421-8437 or wyoung@co.wood.wis



Presenting Partners:

- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

This event is open to the community!

It is part of the Wood County Employee Wellness Program. Employees can earn 100 wellness points for Quarter 2