

Campus Wellness Event



LUNCH & LEARN PRESENTS

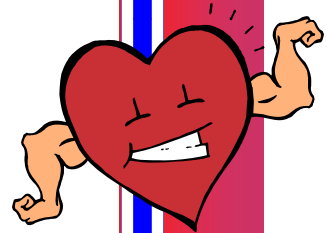
Healthy Heart Matters

How is your heart? Take a look at your diet and physical activity; is it heart healthy? Stress management is another important factor to keeping a happy heart. A healthy heart is dependant on more than just your genes; your diet and lifestyle play a big role as well. Come join us as we talk about what it takes to have a healthy heart.

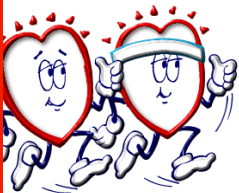
Speaker

The speaker for this event will be **Steve Dodd** a nurse practitioner at South Georgia Medical Center . Steve was born and raised in Valdosta and obtained his nursing degree from VSU. He then went on to receive advanced training and education from the University of Alabama at Birmingham. After working in the UAB health system for awhile he returned home and has worked in SGMC's chest pain center since it opened in December 2001.

Join us Friday, February 1st,
from 12:30 to 1:30 p.m.
in the Palms Faculty & Staff Dining Room



Space is limited to the first **25** attendants.
Please RSVP by calling 259-5105 or
online at www.valdosta.edu/finadmin/training



Menu

All-You-Can-Eat Lunch at Palms
Or
Bring Your Own

