

Heart Health & Your Diet

Sponsored by Campus Wellness

Friday May 19th
12:30 to 1:30 p.m.
UC Cypress Room

Learning Objectives:

- ♥ Demystify your stereotypes about heart disease
- ♥ Learn steps to take care of your own health
- ♥ Identify the signs and symptoms of heart attack and stroke
- ♥ Learn about the role of the American Heart Association

Speaker:

Melanie Godwin, *Regional Director of the American Heart Association for South Georgia and South Alabama*

Melanie was born and raised in Valdosta and graduated from VSU with a degree in Communications and a minor in Business. She has worked in sales and marketing for Archibald Hospital and has been with the American Heart Association for the past 2 years.

Menu:

Greek Salad Bowl
Grilled Beef with Vegetable Jazz Salad
Chicken Apple Almond Salad Plate
Large Fresh Fruit Salad Plate
Tortellini Garden Salad Plate
Gazpacho

Cost:

\$6.42 cash or a Meal Plan
Pay Food Court Cashier

