1900 Don Wickham Drive
Clermont, FL 34711
352.394.4071

southlakehospital.com

FOR IMMEDIATE RELEASE
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Contact: Jana Derby
352.241.7109
Jana.derby@orlandohealth.com

Heart Healthy Fair offers screenings to public during American Heart Month

***Clermont, Fla.* –** South Lake Hospital will host a heart healthy fair on Saturday, February 26, from 9:00 a.m. to 11:00 a.m. at the National Training Center (NTC).

The fair will include blood pressure screenings, cholesterol screenings and presentations by local cardiologists from Mid-Florida Cardiology on the latest in prevention and treatment for cardiovascular diseases. To help encourage a healthy lifestyle, participants will also be able to workout that day at the NTC for no cost and can enjoy special heart healthy exercise programs and routines.

February is American Heart Month, which is a national effort led by the American Heart Association to help raise awareness about cardiovascular diseases in our country. Cardiovascular disease is the No. 1 killer in both men and women in America. The biggest contributors to heart disease include smoking, high blood pressure, high cholesterol, family history and age. The fair will offer educational information on how to reduce those risks that are controllable.

The event is open to the public and there is not cost to attend the fair or work out at the NTC. Cholesterol screenings are $5.00 and fasting after midnight the night before the fair is required for accurate cholesterol readings. Please call 352.394.4071, ext. 4412 to register. The NTC is located at 1935 Don Wickham Drive, Clermont, on the South Lake Hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

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