

Know Your Numbers By Heart



Join Empower Healthcare and community partners at our first annual Heart Health Fair to raise awareness about heart health and cardiovascular diseases in the Glades

The following services/resources will be available and free to the public:

- Rapid A1C and Cholesterol Screenings
- Circulation Screening
- Nutritional Counseling
- Incentives and Prizes for completing screenings
- Information Tables
- CPR Demonstration
- Community Presentations on Metabolic Syndrome, Heart Attack and Cardiovascular Disease

February 3, 2024

11:00am-2:00pm

City of Pahokee

Senior Resource Room

(360 East Main Street Pahokee, FL 33476)

