Heart Healthy Day Luncheon & Open House

Thursday, February 27

You are invited to Heart Healthy Day at Lexington Regional Health Center! Free & open to the public. Enjoy refreshments and light appetizers and enter to win drawings!

11:00-12:00PM, 4:00-6:00PM - Open House

Join us as we unveil our new cardiac rehab, sleep lab, in-patient physical and occupational therapy, and our diabetes education room. Staff will be on hand to answer any questions about these services. Follow the red balloons starting in the main East lobby to find your way to this new space.

12:00-1:00PM - Heart Healthy Cooking Demo

Registered Dietitian, Lacey Zarek, will be providing a heart healthy cooking demonstration. She will also be talking about food labels and what to look for when buying groceries. Free lunch will be served to all attendees. Luncheon will be located in the hospital Board Room.

Please call Brenna Bartruff at (308) 324-1626 with questions, no reservations necessary.

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