



# Love Your Heart, One Bite at a Time

*What you eat plays an important role in your heart health. From nutrition guidance to preventive screenings, we are here to help you make informed choices that support a healthy heart at every stage of life.*  
**Schedule your check-up and take care of your heart.**



 888-459-2349

 [www.NorthShoreHealth.org](http://www.NorthShoreHealth.org)