

Meditation for a Healthy Heart



Tuesday, February 20 • 7 – 8 p.m.

Baptist Hospital – Medical Arts Bldg.
8950 North Kendall Dr, Suite 105

Speaker: Susan D'Agostino, RN, Certified Mindfulness & Meditation Instructor

Meditation is a simple practice that can help you control stress, decrease anxiety, improve cardiovascular health, and achieve a greater capacity for relaxation. Join us and learn how mindfulness living and meditation can be utilized daily and how it may decrease your risk for a cardiovascular event.

Space is limited and registration is required.

To register for programs, email Programs@BaptistHealth.net, or call 786-596-3812.

For a complete listing of programs, visit BaptistHealth.net/Wellness.

