

Healthy Driven Evening Conversations



What Should I Eat?

Tuesday, January 22, 2019

7:00 – 8:30 pm

Arboretum Conference Center, Elmhurst Hospital, Elmhurst

Nutritional guidelines seem to always be changing. You want to make healthy choices and improve your eating habits, but the recommendations and choices can be overwhelming. Please join Heather Bautista, ND, CNS, LDN, our naturopathic health coach with the Integrative Medicine Clinic at Elmhurst Hospital. She will teach you about healthy dietary options and how to incorporate them into your meal planning and daily lives.



Women and Heart Disease

Wednesday, February 13, 2019

7:00 - 8:30 pm

Edward Hospital, Education Center Auditorium

These are the facts: According to the CDC, heart disease is the number one cause of death for women in the United States, responsible for about 1 in 4 female deaths. Almost two-thirds of women who die from a heart attack have had no previous symptoms. Celebrate Heart Month by making 2019 the year to love your heart. Ann Davis, MD, cardiologist with Midwest Heart Specialists and on staff at Edward Hospital, will provide up to date information on risks, symptoms, warning signs and preventive steps to help you take control of your heart health.

Please RSVP to Class Registration

Online: www.EEHealth.org/classes-events

Phone: 630-527-6363