

We

know good foods.
know active living.
know hearts.

A panel discussion of distinguished UF Cardiac Physicians will be discussing cardiovascular health, fitness and nutrition. Our key speaker, Dr. Dragstedt will kick it off and introduce his UF colleagues.



Friday, February 14, Noon to 1:00 p.m.
Hospital Atrium

Featured Speakers:

Carl Dragstedt, D.O., FACC, *Clinical Assistant Professor of Medicine, Division of Cardiology, University of Florida*

Anita Szady, M.D., FACC, *Assistant Professor of Medicine, Division of Cardiology, University of Florida*

Shana Amar, RD, LD/N, CNSC, *Clinical Dietitian, UF Health/Shands Hospital*

Space is limited. A heart-healthy lunch will be provided.

RSVP at ShandsStarke.com or call 904-368-2349.

ShandsStarke
Regional Medical Center

922 East Call Street | Starke, FL | ShandsStarke.com