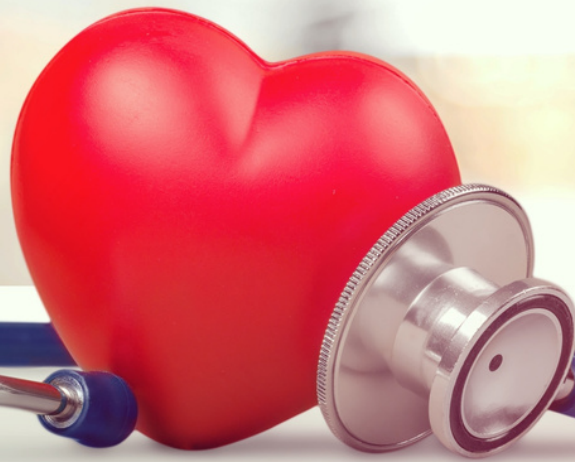


# Heart Health



## New Services

### ON-SITE BLOODWORK

**Beginning February 1st!**

On-Site phlebotomy services will be available for your convenience!



#### Our Goal

Is to Simplify and Enhance the Process of Obtaining Essential Lab Tests, Ensuring a Seamless Experience for You.

#### A Wide Range of Blood Test

Available in Health, Immunity, and Travel Screenings.

#### Elevate Your Health

Be Proactive with Your Wellness Journey this February. Schedule Your Bloodwork and Consultation with MWC Nurse Practitioners Today!

**For details and to schedule your on-site bloodwork, call our front desk at x4200 or 929-813-3800.**

## Events

### Dare to Care for Your Heart

Take the Leap to Better Health with Our Expert Team!

## Heart Health Lunch & Learn

Featuring a Keynote Speaker:  
**Dr. Michael Poon, MD**



Join us for an insightful session on Heart Health! Learn about screenings and discover the keys to longevity with a better quality of life.

**February 13, 2024** ❤️ **12:15 pm - 1:00 pm**

Millennium Multi-Purpose Room  
399 Park Ave.  
Sub Level -2

Refreshments will be provided. Limited seats available. Click [here](#) to sign up for Lunch & Learn.

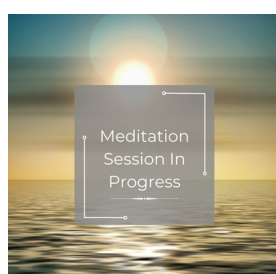
## Did You Know?

### The Pulse of Wellness



**Winter Lentil Soup Recipe**  
[Click Here](#)

#### Nurture Your Mind: Guided Meditation with Our Experts



Find Serenity: Join a Mindfulness Visit & Guided Meditation led by skilled nurse practitioners. Immerse in calm, center your thoughts, and experience transformative mindfulness. Begin your journey to inner peace – [schedule](#) today.

#### MWC Holiday Closure

February 19th



#### Nourishing Hearts: The Omega-3 Advantage

Fuel Your Heart: Omega-3 for Cardio Wellness! Visit us for heart-boosting benefits today

#### A Symphony of Heart Health



Savor the heartwarming combo of green tea and almonds, a delightful winter snack that supports cardiovascular well-being. Indulge in this impactful duo to celebrate heart health this winter.

## A Word From Our Affiliate

### How to Get the Most Out of Your Walking Workout



Walking is a cost-effective, straightforward, low-impact, total body activity. What's more, it can keep blood sugar levels in a healthy range, increase the heart's capacity, and burn fat for fuel. Learn how to level up your walking workout and get the most benefits out of this underrated form of physical activity. Click [here](#) to learn more!

## Rehab Corner

### Lateral Lunge: Step Into Strength and Flexibility



Step outside the ordinary with the lateral lunge, an exercise that not only works your thighs, hamstrings, and glutes but also enhances your balance and flexibility. Add lateral lunges to your routine for a dynamic workout that broadens your fitness horizons and keeps your body agile and strong.

Click [here](#) for video.