

Sept. 27, 2016

DOH-PINELLAS MARKS WORLD HEART DAY, SEPT. 29



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The Florida Department of Health in Pinellas County (DOH-Pinellas) is marking **World Heart Day** with recipes and tastings of dishes that are cardiac-healthy.

From 10 AM to noon on Thursday, Sept. 29, nutritionists will distribute recipes for the dishes they will prepare for visitors to taste at the St. Petersburg center, 205 Dr. Martin Luther King Jr. St. N.

Visitors can sample *Pumpkin Spinach Quinoa* and *Tomato, Basil, Avocado and Mozzarella Salad with Balsamic Dressing* and then take the recipes home.

World Heart Day is an international event that raises awareness of cardiac health. Simple steps such as making healthier nutritional choices, getting physical activity and not using tobacco products can increase heart health and longevity. Cardiovascular disease is the world's number-one killer and responsible for 17.5 million premature deaths.

For information about DOH-Pinellas, go to www.PinellasHealth.com. Follow us on Twitter @HealthyPinellas.

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About the Florida Department of Health

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