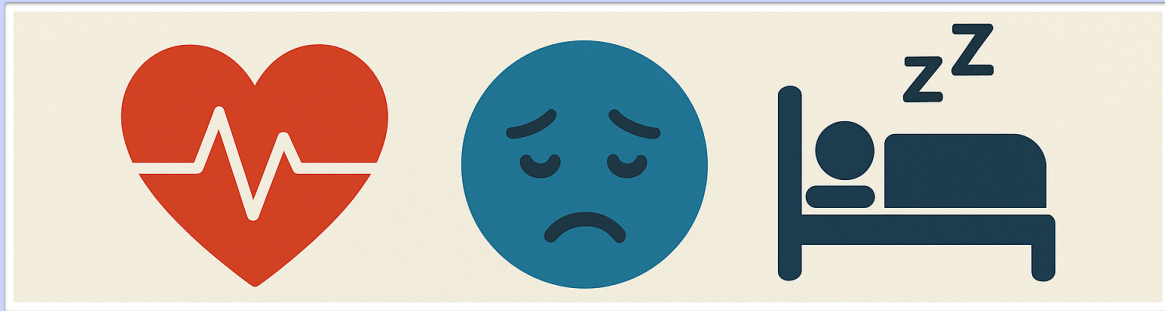


# Healthy Heart Talk: Know Your Numbers And Prioritize Your Health



**When:** Saturday, September 20, 2025

**Time:** 9 am until 12 noon

**Where:** Bethlehem Missionary Baptist Church FLC 24 Ward Rd. Lugoff, SC 29078

**Topics:** Cardiac Risk, Depression Risk and Sleep Apnea Risk

**Presenter:** Dr. Brittany Winestock, FNP-BC: ( L.A.G. Heart & Wellness Consulting)

Additional Guest: Sandhills Medical Center  
(providing blood pressure checks, HIV testing,  
etc).

Healthy Food Prep Demonstration &  
Refreshments provided.

We will kick off the event with a Walk in honor of  
Breast Cancer Awareness & Alzheimers  
Awareness at 9 am.

The entire event is free to the public.

