Heart Health

February is American Heart Month



Program Updates

- Clinic visits are being conducted both virtually and in person. Please specify when scheduling if you would like a virtual or in-person appointment.
- Group education sessions are currently on hold due to staffing difficulties. Please read your
 Heart Health text updates and look for more information on our private Facebook Group page:
 https://www.facebook.com/groups/134995866512355/. The Facebook Group is where we post
 helpful resources and include important announcements.
- Fit Kids group exercise sessions are now offered both in-person and virtually!! Sessions are
 held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at 1125
 E Montague Ave., North Charleston. Sessions will continue to be held virtually on Tuesdays
 and Thursdays at 5:30 PM via Zoom: https://zoom.us/j/9875590743?
 pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09.
- If your child would like to attend in-person Fit Kids sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.
- Please continue to read your Heart Health text messages for updates.

Important Information

Scheduling (843) 876-0444 Heart Health Team (843) 792-4717

Be sure to leave a message HeartHealth@MUSC.edu www.musckids.org/heart/health

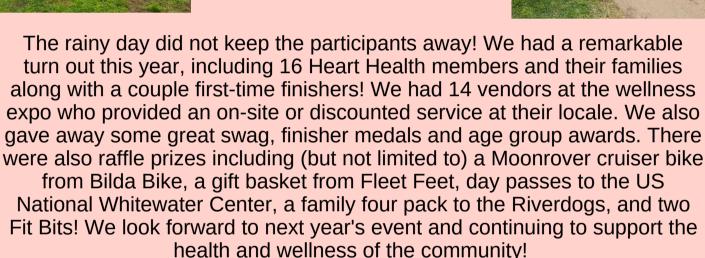
8th Annual

Building Healthy Communities 5K Run/Walk & Wellness Expo

February 11, 2023











Thank you for your support!!



Recipe of the Month

Nutella-Strawberry Cheesecake Bites



Ingredients

- 10 large strawberries
- 4 oz. cream cheese, softened
- 2 T. Nutella chocolate-hazelnut spread
- pinch ground cinnamon
- 1 T. chopped hazelnuts or chopped slivered almonds

Steps:

- 1. Place softened cream cheese, Nutella, and cinnamon in a small bowl; stir until well combined and smooth. Chill for about 10 to 15 minutes.
- 2. While cream cheese mixture chills, rinse strawberries and pat dry with paper towels. Leaving leaves on, slice each strawberry in half lengthwise and set aside on a plate or serving platter with the cut side up. {If strawberry halves do not sit level on the platter, cut a very tiny slice from the rounded side of the berry half to create a flat spot for it to sit upon.}
- 3. Spoon cream cheese mixture into a piping bag fitted with a large star tip. {If you don't have a piping bag, use a zip-top baggie. Cut one of the bottom corners of the bag and use it to pipe through.} Pipe mixture onto each of the strawberry halves. Sprinkle with chopped hazelnuts or almonds.
- 4. Serve immediately or refrigerate for up to about 3 hours.