



FOR IMMEDIATE RELEASE
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“Heart-Healthy Living in a Super-Size World”

Porter’s Cardiac & Vascular Institute is pleased to welcome best-selling author and national healthy lifestyle expert Joe Piscatella to Porter health system for a presentation February 21 that is free and open to the public.

During this informational program, Piscatella will talk about eating to keep your heart healthy in a society dominated by large portions and fast food.

Steve Fish, executive director of Porter’s Cardiac & Vascular Institute, says Piscatella will be talking about his experiences in overcoming heart disease with the goal of helping others. “Joe Piscatella developed heart disease at a very young age – and has lived to teach each of us what contributes to heart disease and what we, individually, can do to keep our hearts healthy.”

A frequent guest on The Today Show, CNN, Good Morning America and Fox News, Piscatella began his quest for optimal health when he was 32 and underwent coronary bypass surgery. At the time, his doctors said he would have a dramatically shortened life as a result. Thirty years later, Piscatella has been successful in reversing his heart disease and helping others live healthier lives.

Program Details:

2-3 p.m., February 21

Stoner Auditorium on the campus of Porter’s Valparaiso Hospital

Reserve your space for this free program by calling 263.5087.