

FEBRUARY 2023

# 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](mailto: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](mailto:HeartHealth@MUSC.edu)  
[www.musckids.org/heart/health](http://www.musckids.org/heart/health)

# 8th Annual Building Healthy Communities 5K Run/Walk & Wellness Expo February 11, 2023



The rainy day did not keep the participants away! We had a remarkable turn out this year, including 16 Heart Health members and their families along with a couple first-time finishers! We had 14 vendors at the wellness expo who provided an on-site or discounted service at their locale. We also gave away some great swag, finisher medals and age group awards. There were also raffle prizes including (but not limited to) a Moonrover cruiser bike from Bilda Bike, a gift basket from Fleet Feet, day passes to the US National Whitewater Center, a family four pack to the Riverdogs, and two Fit Bits! We look forward to next year's event and continuing to support the health and wellness of the community!





**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.