

First Bank of Highland Park

Where Community is First!



The Gaples Institute for Integrative Cardiology

Stop by First Bank of Highland Park throughout February to learn how The Gaples Institute for Integrative Cardiology is working with the community and healthcare professionals to highlight the critical role of nutrition and lifestyle for optimal health. While dietary factors are the single most significant risk factor for disability and premature death, nutrition education is not part of the required curriculum for many doctors, including those specializing in cardiology! Throughout the month of February you can easily help support The Gaples Institute. Simply “Like” First Bank of Highland Park’s Facebook page and FBHP will donate \$2 (up to \$250) to The Gaples Institute.

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