



Healthy

HEART

In honor of Healthy Heart month, February, we will be discussing heart healthy foods, and tips for maintaining a healthy heart.

District 1 Elder Center 02/20/2024 at 10 A.M.

District 5 Elder Center 02/21/2024 at 10 A.M.

District 3 Elder Center 02/29/2024 at 10 A.M.

Contact Health Educator Tiffany Boni
for class scheduling.

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