Community

Education

**HEART HEALTH** LUNCH N' LEARN

> Trinity Lutheran Church Wednesday, February 22 11:00 am - 1:00 pm



February is heart health month. Now is the perfect time to learn more about how lifestyle changes can improve your heart health. Show some love to your body and join a registered nurse and registered dietitian for a heart healthy cooking class, lunch and discussion about heart health and stroke.

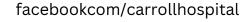
> Trinity Lutheran Church 833 Deer Park Rd Westminster, MD 21157

For more information or to register, please call 410-871-7000



200 Memorial Ave Westminster, MD 21157







instagram.com/carroll\_hospital

