

PROGRAMS

CLASSES

SUPPORT GROUPS

SCREENINGS

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**

 **CARROLL
HOSPITAL**
A LifeBridge Health Center
Tevis Center for Wellness

200 Memorial Ave
Westminster, MD 21157



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*Sign
Up!*

