

National Heart Month: Heart-healthy Habits

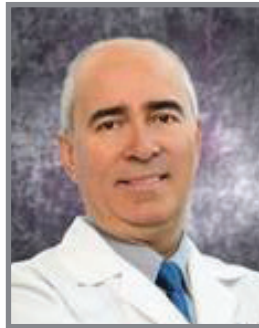
THURSDAY, FEB. 27 — 6:30 P.M.

The Keifer Building at St. Paul's
341 East Jamestown Road, Greenville, PA 16125
(Rt. 58 across the road from the sports complex)



Jacqueline Flowers
Clinical Dietician

St. Paul's Senior Living Community



Tulio Estrada-Quintero, MD and Colleen Goodwin, CRNP
UPMC Heart and Vascular Institute



Topics that will be covered:

Healthy eating patterns to promote heart health

Risk factors and prevention measures

Open Q&A session will follow presentation.

Reservations required. Seating is limited.
RSVP to: jkather@sp1867.org or 724-589-4646.

St. Paul's is a Senior Living Community including independent living, aging-in-place apartments, nursing and Alzheimer's care, short-stay rehabilitation and home-based care services.