



Healthy Heart Workshop

Monday February 19th 9:00-10:30am

**Lodge Lane Assisted Living & Memory Care
1221 Lodge Lane, Wilmington DE 19809**

Guest Speaker Stephanie Parrish RN, Bayada Home Care

The best way to look after your heart is with a healthy lifestyle. Learn some take away tips while enjoying a heart healthy breakfast.

Presentation is free, but space is limited.
Kindly RSVP by Wednesday February 14th
302-757-8100

