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)

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.