



~Lunch N' Learn~

“Keeping Up the Beat – Better Heart Health”

**Presented by
Shannon Maldonado, BS, CTRS
Health Education Program Coordinator
at Morristown Medical Center**

**Your heart is the driving engine for your body.
Come hear an overview on strategies to Better Heart Health –
including tips on nutrition and diet, exercise, stress management
and other great life saving ideas.**

Come and your answers to these questions and MORE!

Date: Monday, August 5, 2013

Time: 12:00pm – 2:00pm

Place: Chester Library

Cost: FREE!

Complimentary luncheon is served!

***MUST REGISTER* by calling the library:
908-879-7612**

-Seating is limited-

**Sponsored by the Senior Resource Center
50 Route 24, Chester, NJ 07930 908-879-2202
www.SeniorResourceCenter.org**