



# Healthy Hearts



Learn more about living a heart-healthy lifestyle!

Join us for a "heart-to-heart" discussion on heart health, nutrition, and practical tips for healthy shopping and cooking to reduce the risk of heart disease and other chronic diseases.

Presented by Jennifer Dixon Cravens, MS from the University of Maryland Extension

## DATE & TIME

Wednesday  
February 23, 2022  
at 6 PM

Via Zoom

**FREE and OPEN  
TO THE PUBLIC**

RSVP to  
[wendy@hdgha.org](mailto:wendy@hdgha.org)  
Or call 410-939-2097 ext 105



Gift Cards will be given to those in attendance.  
(1 per household)