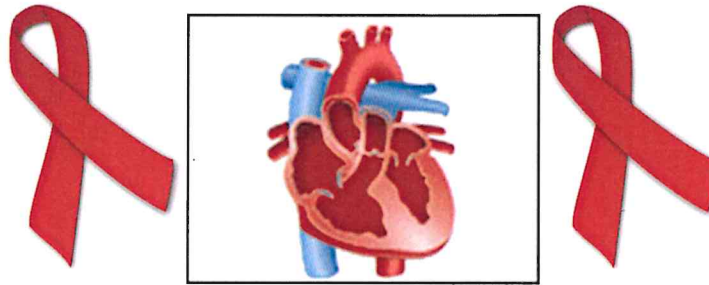




Mayor Derek Armstead,
The City of Linden and
Department of Parks & Recreation

Steps to a Healthy Heart



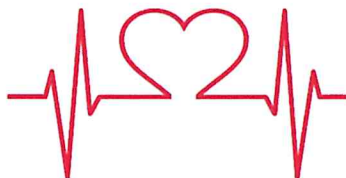
This free program focuses on preventive ways of promoting and maintaining a healthy heart. It will also outline heart healthy foods to ensure good heart health.

-FOR ALL LINDEN RESIDENTS-



Health Educator-Ms. Judith L. Francis

This program is held on February 22, 2021 @ 12:45pm on Linden TV 36/42



Pre-Registration is required by calling (908) 474-8627, (908) 474-8600 or online at:

<http://register.communitypass.net/linden>

-Each registered participant will receive a program packet-

Another quality program offered by the **Department of Parks & Recreation**

For more information, please call 908-474-8600