



*Love Your Heart
Lunch*

Join us for a Heart Healthy Lunch that includes a cooking demonstration by the Cooperative Extension's Master Food Educators and a Heart to Heart Talk with Tamekia, Thomas, MSN, RN

Raffles-Prizes
Zumba® Fitness Demo

Date: February 16
Time: 11:00am-1:00pm
Location: Neighborhood House
1218 B Street, Wilmington, DE 19801
FREE - Space is Limited
Call to Register: 302-652-3928

