



Be Heart Smart!



Featured speaker:
Christopher Nicolai
Community Impact Director
American Heart Association

Christopher Nicolai serves as the Community Impact Director for Outstate Indiana and Illinois. In this vital role, he champions the mission of the American Heart Association, passionately working to create a future where longer, healthier lives are within everyone's reach. In this presentation he will be discussing ways you can maintain and increase your heart health.



**REGISTER BY FEBRUARY
21ST FOR LUNCH!**

**February 25, 2025
11:30 am**

**Salvation Army
300 N Main St
Elkhart, IN 46516**



Space is limited, so reserve your spot today by calling
(574) 284-7189 to register

