



For Seniors

Be Heart Smart!



Featured speaker:
Christopher Nicolai
Community Impact Director
American Heart Association

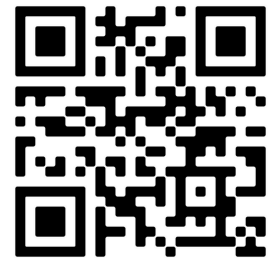
Christopher Nicolai serves as the Community Impact Director for Outstate Indiana and Illinois. In this vital role, he champions the mission of the American Heart Association, passionately working to create a future where longer, healthier lives are within everyone's reach. In this presentation he will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

February 11, 2025
11:00 am

3rd Floor of Parking Garage

YMCA

111 W Jefferson Blvd
South Bend, IN 46601



SCAN ME!

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



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