



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 28, 2025
11:30 am

**One Roof Southeast
Neighborhood Center**
405 E. Dubail Ave
South Bend, IN 46613



**REGISTER BY
FEBRUARY 25TH FOR
LUNCH!**

Space is limited, so reserve your spot today by calling
(574) 393-8809 to register

