



February

Be Heart Smart!

In this informative presentation you'll learn tips for healthy living along with practical ways to maintain and increase your heart health.

DATE: 2.24.26

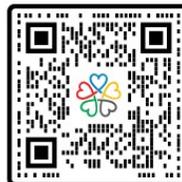
TIME: 11:30 AM

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart, IN 46516

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

Register for lunch by 12 PM: 2.20.26



ELKHART

Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.

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Real Services, Inc.



Christopher Nicolai

Community Impact Director

Christopher Nicolai serves as the Community Impact Director, Northern Indiana for the American Heart Association. In this vital role, he passionately works to create a future where longer, healthier lives are within everyone's reach.