


Cardiac Wellness &  
Education Morning  
February is Heart Month



Come join the Livingston Health Department Nurses and Barnabas Health Care System to make sure you have a healthy heart. Program will include: Blood Pressure, Body Mass Index, Diet & Nutrition Information, Cardiac Wellness & Risk Assessment.

**When:** Wednesday, February 15th

**Where:** Senior/Community Center 204 Hillside Ave. Livingston-Lower Level

**Time:** 11am-1pm

No registration is required for this **free** program.

For questions contact the nursing dept. 973-535-7961 x226, 227, 228.

