

Just Friends

Join us!

For a **HEART HEALTHY
LUNCH** and a
**STIMULATING
PROGRAM**
designed
just for you.



DATE: Wednesday, February 26th
TIME: 12:30 - 2:30PM
WHERE: Our Lady Star of the Sea Parish Hall
PROGRAM: **HEART HEALTHY LIVING**
PRESENTERS: Stress Management
Pharmacist
North Beach Gym Fitness Instructor