



Health & Wellness Fair

Take charge of your health by joining us on
Saturday, February 13, 2021
10 am - 12 pm
via ZOOM



"Addressing Racial Disparities:
Learn to Love Your Heart"

Keynote Speaker
Dr. Shanda McManus

Workshops

1. Eating for your heart
2. Your heart numbers and meds
3. TLC: Managing Stress
4. Cooking with love

Learn to beat the odds

Register:
bit.ly/gored2021

Questions?

GoRed4health@gmail.com

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