



NY Project Hope
Coping with COVID



Join our Wellness Workshop

as we discuss

Heart Healthy Eating

Thursday, April 14th, 2022

6:30-7:30 PM

Did you know that many heart conditions can be prevented, delayed or improved through lifestyle changes? Join a Stop & Shop Nutrition Partners Registered Dietitian and Stop & Shop Pharmacist to learn how to fill your cart to protect your heart. We'll take a close look at foods that can help improve your blood pressure, cholesterol, and overall health.

APPROVED FOR DISTRIBUTION
APR 13 2022

DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS



Join Us on Zoom

Meeting ID: 830 1086 5718

Passcode: Heart

Helpline: 516-510-0282

This is not a Half Hollow Hills School District sponsored or

*Amme
4/13/22*