



Join us for a free **EDUCATION PROGRAM**

Tuesday, February 27, 2018, 11:00 am to 12:00 noon
Registration starts at 10:45 am. Lunch to follow program.

Healthy Heart Habits for Older Adults

How do you maintain or improve your heart health as you age? What role does exercise play in reversing damage to an aging heart? What is the role of cardiovascular health in preventing disability as you age? Join Dr. Elisabeth Collins of the Penn Memory Center for discussions on what you can do today to improve your cardiovascular health and overall well-being.

Where: Ralston Center, 3615 Chestnut Street, Philadelphia, PA 19104

Program and lunch are free. Registration is required.
Call 215-386-2984 or email contact@ralstoncenter.org

Co-sponsored by Ralston Center and the Keystone Center for Geriatric Care and Education.
Supported by Philadelphia Corporation for Aging.

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