



Plan to Attend!

“Take Your Health to Heart”

Thursday, February 21, 2019 | 2:00-3:00 p.m.

Join us for this informative program on heart-healthy living. Hear the latest research and receive tips on nutrition and fitness from our expert Dietitian Katie VandenPlas and our Fitness Technician Caitie Hones.

Enjoy a complimentary heart-healthy snack and enter a drawing to win lunch for 4 at Westwood Ridge. Tours of our beautiful community will be provided following the program. Come and see how, at Westwood Ridge, we put our heart in everything we do!

This event is open to Westwood Ridges residents, family members, friends, and to the general public.

FOR MORE INFORMATION

Contact Carol at **651-259-2931** or email **cbiron@walkermethodist.org**.

Life. And all the living
that goes with it.

RSVP'S APPRECIATED!

61 Thompson Ave. W. | West St. Paul, MN 55118 | 651-259-2701 | WalkerMethodist.org

