

From the Heart

an afternoon of **Heart Health Education** for the entire family

**Sunday,
February 10, 2013
2:00 - 5:00 pm**

**Reginald F. Lewis Museum
of Maryland African American
History & Culture**

830 E. Pratt Street
Baltimore, MD 21202

Discounted
Parking
Available

Please RSVP to
1-800-492-5538
to attend this
FREE event.

- FREE Health Screenings and Education
- Heart Healthy Cooking Demonstrations by *James Britton of Class Act Catering* and the American Heart Association
- Heart Healthy Living Seminars
- Fun Activities for Children
- Exercise Tips
- FREE Pedometers and much, much more.



www.umm.edu/community

