



Learn about the DASH diet and heart-healthy eating from Erin Lewis, director of clinical nutrition at LifeBridge Health.

EAT SMART FOR A HEALTHY HEART

Light refreshments will be served.

5:00 p.m., Wednesday, March 7
Woodholme Cardiovascular Associates
1838 Greene Tree Road, Suite 535
Pikesville, MD 21208

This presentation is free. Space is limited and registration is on a first-come, first-served basis.
Email aweiss@lifebridgehealth.org to register.



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