

# You Are Cordially Invited!

Dear Community Member,

We are excited to invite you to our upcoming **Heart Health Workshop**, aimed at promoting awareness and education about cardiovascular health.

**Date:** Saturday, March 15, 2024

**Time:** 10:00 AM - 2:00 PM

**Location:** Community Center Hall, 123 Main Street, Yourtown

Join us for a day filled with informative sessions, healthy cooking demonstrations, and interactive activities to help you and your family understand the importance of heart health.

Please RSVP by March 5, 2024, to ensure your spot!

We look forward to seeing you there!

Warm regards,

The Heart Health Awareness Team