

Heart Healthy Diets

Educational Seminar



**Tuesday, February 18th
at 6 p.m. in the West Wing
Conference Room at the
Punxsutawney Area Hospital**

Join PAH's Registered Dietician to learn about Heart Healthy Meals Planning and Diets. Free A1C Testing, Lipid Panel Test, Blood Pressure Testing & Cuffs, Blood Sugar and Prediabetes Testing for Women through the Healthy Women for Life Program.

RSVPs not required.



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