125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens EST. 1899

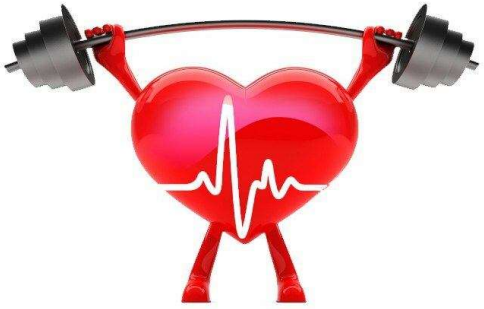
Heart Health Workshop

Wednesday, January 6, 2027 | 12 PM – 1 PM

Queens Public Library at Far Rockaway
16-37 Central Avenue,
Far Rockaway, NY 11691

Interactive workshop includes:

- Learn about factors affecting heart health including sodium intake, cholesterol/fats & physical activity
- **FREE giveaways**
- **Gift cards RAFFLE – FIRST COME, FIRST SERVED!**



Hosted by Catholic Charities Community Health and Wellness Program