

EMPOWERING WOMEN TO BEAT HEART DISEASE AND STROKE.

A FREE COMMUNITY HEALTH EVENT.



KNOW YOUR
NUMBERS.
HEART HEALTHY
COOKING TIPS.
ZUMBA.

Feb 22 | 11 AM | St. Paul's Baptist Church
1 Hagerty Blvd, West Chester, PA 19335

WEAR COMFORTABLE CLOTHING AND SNEAKERS.

FOR MORE INFORMATION:

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w: pearlsofdistinction.org



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PENN MEDICINE AND ST. PAUL'S BAPTIST CHURCH.