

Caldwell LIVE
Lifelong Involvement for Vital Elders



February Feel Good Friday

Keep the Beat Going!



Learn how to improve your heart health from Chris Cannara, RN, BSN, EMBA, Director of Cardiology at Mountainside Hospital. This lively discussion will provide important information on nutrition, exercise and cardiac testing. Celebrate Heart Month with us.

Friday, February 12, 10 am



**Caldwell Public Library
268 Bloomfield Ave., Caldwell**

RSVP: 973 403-0972

(If the weather is inclement and the program has to be cancelled, we will contact you.)

Feel Good Friday is a series sponsored by Caldwell LIVE and the Caldwell Public Library. Everyone 60+ is welcome to participate. Refreshments will be served.

Caldwell LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with the Borough and local organizations. Support provided by the US Administration on Aging and United Jewish Appeal; funded in part through a grant from the Mountainside Health Foundation.