

GO RED FOR HEART HEALTH



***THURSDAY
FEBRUARY 7, 2019***

Washington Community School - Plainfield, NJ

6:00PM – 8:00PM

6:00 PM – 7:00 PM HEALTH SCREENINGS

6:30 PM – 7:00 PM POUND WORKOUT

7:00 PM – 8:00 PM SPEAKER PRESENTATION

The Sisters Together program of Central Jersey Alumnae Chapter of Delta Sigma Theta Sorority Inc., presents Go Red for Heart Health. Join us on February 7, 2019 as we raise awareness about the effects of heart disease in women. Hear heart health information from our presenter and learn heart-healthy habits.



**Light Refreshments
Door Prizes**

Washington Community School
427 Darrow Street
Plainfield, NJ
07060

Washington School Cafetorium

Featured Speakers:
Black Nurses Rock
North Jersey Chapter



Pound Workout Session:
Monique McNair
Participants, please dress
comfortably.

**CENTRAL JERSEY ALUMNAE
CHAPTER OF
DELTA SIGMA THETA
SORORITY, INC.**

Registration Required

Go to: www.cjadeltas.org