



Project Hope: Paths to Wellness and Self-Sufficiency  
Community Services, Mercer County

Health and Wellness Education and Prevention Services

# HEALTHY HEART WORKSHOP

**WEDNESDAY, FEBRUARY 24, 2016**

10 to 11:30 AM

Mercer Community Services of Catholic Charities  
132 N Warren Street, Trenton, NJ

For more information,  
call **609-394-8847**

Learn Great  
Ways to Keep  
Your Heart  
Healthy!

**CatholicCharitiesTrenton.org**

