

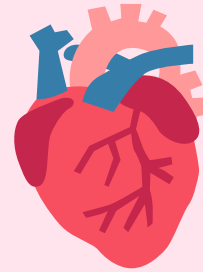


WOMEN'S
CENTRE
OF CALGARY

HER
HEART
MATTERS
WEAR RED CANADA • FEB 13

Women's Heart Health Workshop

January 29, 2024
5:30pm - 7:30pm



**Join us for an engaging workshop on taking
care of your heart.**

Zumba!

**Informative
Presentations!**

**Heart
Healthy
FOOD!**

Art Session!

TO REGISTER PLEASE CONTACT
nicole@womenscentrecalgary.org or
call 403.264.1155

OPEN TO ALL WOMEN FOLK