

Lunch & Learn

meet. eat. discover.



STAY ACTIVE | STAY HEALTHY | STAY CONNECTED

Friday, February 14, 2020
11:30am-1:30pm
SCAN Community Room A



MATTERS OF THE HEART

Just in Time for Valentine's Day!



Keeping Your Heart Healthy

Understanding heart disease, risk factors and prevention, as well as understanding the types and benefits of Cardiac Rehabilitation.
Presented by Encompass Health Rehabilitation Hospital of Tinton Falls

Stress Management

Understanding what causes stress, recognizing the signs and how to manage stress to keep your heart healthy.
Presented by Horizon Blue Cross Blue Shield of NJ

Community Partner Presentation by:
Axelrod Performing Arts Center



Spotlight on *Grease*
Everyone's Favorite Love Story!

Lunch Provided by:



FREE & Open to the Public. REGISTER TODAY.
RSVP to SCAN at 732-542-1326 by February 7.

SCAN is Located in Monmouth Mall, 180 Highway 35 South, Eatontown, NJ 07724
On Basement Level, Near Mall Management Office
Office Hours: Monday through Friday ~ 9:00AM - 4:00PM
732-542-1326 / www.scannj.org