



## ***The Importance of Me Time for Heart Health***

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Heart health is more than just eating right and exercising. Making time to care for yourself, de-stress, and practice mindfulness is also important to maintain and improve one's cardiovascular health.

Meritus Community Health Education and Outreach will host a virtual presentation on The Importance of Me Time for Heart Health featuring Dr. Kezia Ellison.

**Thursday, February 24 at 7:00 pm via Zoom**

**Presentation from 7:00 – 7:45 pm**

**Q&A from 7:45 – 8:00 pm**

*Free*

Please visit [www.healthywashingtoncounty/events/](http://www.healthywashingtoncounty/events/) to register.

**For questions or more information, please call 301-790-8964.**

