

MCPS Well Aware presents

Heart Healthy Living

This session will cover a range of topics, including the importance of maintaining a healthy heart, risk factors associated with heart disease, and effective strategies for prevention and management. Attendees will have the opportunity to engage with healthcare professionals, ask questions, and gain valuable insights into lifestyle modifications that can enhance heart health. The webinar aims to empower individuals with knowledge and resources to make informed decisions regarding their cardiovascular health.



- **MONDAY,**
FEBRUARY 23, 2026
5:00 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

