

City of Long Beach - Youth and Family Services
Presents

Chocolate & Heart Health



Wednesday,
February 27th
10:00 - 11:00AM

at the
Magnolia Senior Center
650 Magnolia Blvd.
Long Beach, NY 11561

Instructor: Pnina Mohr RDN
Registered Dietitian Nutritionist

February is *American Heart Health Month*. Join registered dietitian Pnina Mohr to learn about antioxidants in cocoa as well as other foods that may help protect against heart disease and contribute to wellness.

If you regularly stock up on chocolate for health benefits, you will enjoy some fun facts about chocolate from Pnina. Sign up today for another session of our popular healthy living discussion series!

REGISTRATION IS REQUIRED: Call 431-3510 to register.

City Council

Anthony Eramo, President
Chumi Diamond, Vice President
John Bendo
Scott J. Mandel
Anissa D. Moore



Acting City Manager

Michael Tangney
Youth & Family Services
Johanna Mathieson-Ellmer, Director

City of Long Beach
www.longbeachny.org