



Hackensack
Meridian *Health*



September 29, 2025

Lecture 10:30-11:30 a.m.

Screenings 12-2 p.m.

[Click here](#)

to register, visit

HackensackMeridianHealth.org/Events

or call

1-800-560-9990

KEEP GETTING BETTER

Improving Heart Health with The Mediterranean & DASH Diets

Join our registered dietitian, as she shares advice on foods that can help your heart health and long-term healthy eating style.

Wellness Screenings

Join our nurses for **FREE** wellness screenings!

Screenings will include: Blood Pressure, Cholesterol*, Glucose*, Stroke Risk, BMI, Pulse

***Fasting is not required.**

**Twp. of Ocean
Engel Sprague Senior
Center**

**239 11th St.
Barnegat**