Capital Women in Philanthropy
invites you to their Fourth Annual
Galentine's Day Workshop
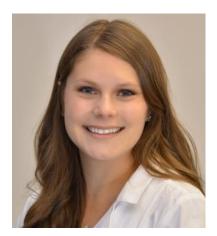## Sponsored by
CREDIT UNION OF NEW JERSEY
Friday, February 9, 2024
12:00 – 12:45 pm
NJ PURE Conference Room - Hopewell

Please join us for a very informative Women's Heart Health Workshop led by Capital Health Wellness Center Manager, Maria Fierszt and Cardiac Rehab Nutritionist, Corina Palagruto.

Join us for lunch, take a moment to celebrate female friendships and learn about the importance of women's heart health and nutrition. If time permits, we will accept questions at the end of the workshop.

Kindly RSVP to Heather Kearns-Latini, philanthropy manager, at hkearnslatini@capitalhealth.org or 609-303-4346. Kindly indicate lunch choice: Turkey & Cheese, Ham & Cheese, Tuna Salad or Peanut Butter & Jelly.

Zoom option will be available for those that cannot attend in person

Corina Palagruto is a registered dietitian for CardioPulmonary Rehab and our Wellness Center. In Cardiac Rehab, Corina educates patients on ways to improve their heart health with sustainable and effective choices. She values educating patients in a way that allows them to apply their new knowledge to their individual lives. Corina previously has worked as a retail dietitian helping customers to navigate food choices and shopping options to reach their health goals. She has a passion for educating clients about nutrition and helping them reach their own unique and healthy lifestyle objectives.

Corina will be discussing two of her most common nutrition topics in her Cardiac Rehab role. These are two areas that everyone can work on today to help improve heart health and reduce your risk of heart disease.

For additional information about Capital Women in Philanthropy, please contact Heather Kearns-Latini at hkearnslatini@capitalhealth.org or 609-303-4346.