

Tri-County Go Red for Women



Thursday, February 4, 2016

Free!

5:00pm - 8:00pm

*Avery W. Hall Educational Center Auditorium
(Peninsula Regional Medical Center Campus)*

*Free **Go Red** Cookbook for all Attendees*



Fitness & Cooking Demo



Light Dinner



Vendors



Health Screenings



Keynote Presentation: Stress Management

Register online by February 1, 2016 at peninsula.org/gored

*For more information, call Peninsula Regional Medical Center
410-543-7028*

Co-sponsored by Atlantic General Hospital, McCready Health, Peninsula Regional Medical Center, Somerset Wellness Center, Wicomico and Worcester County Health Departments