

Cardiac Rehabilitation at the
MemorialCare Heart and Vascular Institute presents a...

Heart Healthy Dinner



Thursday, Feb. 11, 5:30 p.m.
at Long Beach Memorial

Chef William Friedman will prepare a healthy
Italian Valentine Dinner featuring:

- ♥ Romaine and Arugula Insalata with Garlic Lemon Pepper Dressing
- ♥ Herbed Mushroom Chicken
- ♥ Steak Pizzaiola
- ♥ Barilla Pastas
- ♥ Grilled Balsamic and Red Pepper Zucchini
- ♥ Dark Chocolate Fountain with Fresh Fruits

Call (562) 933-9326 to RSVP
\$18 per person/\$30 per couple
Located in Houssels Forum

Make checks payable to **LBMHC Cardiac Rehab** and mail to:
Long Beach Memorial
Attention: Cardiac Rehabilitation
2801 Atlantic Ave., Long Beach, CA 90806