



HEALTHY BITES

Bite-sized sessions to improve your health!

Friday, March 18, 2022
11:30 am – 12 pm
Sleep & Heart Health



Friday, April 8, 2022
11:30 am – 12 pm
Salt & Heart Health



Friday, April 29, 2022
11:30 am – 12 pm
Sugar & Heart Health



Friday, May 13, 2022
11:30 am – 12 pm
Exercise & Heart Health



Healthy Bites is free for JCC Members. All programs are offered on zoom. *Topics subject to change.



Sidney Albert
Albany JCC

Please consider becoming a **Heart Hero** and walk with the JCC at the American Heart Association's Heart Walk on June 5, 2022. Contact Lisa at lisam@albanyjcc.org for more information.



American Heart Association.

Heart Walk