



**Karyn Terrell** is an Registered Practical Nurse working on the Client Services team at Mosaic Home Care. Karyn is devoted to providing the highest quality of care while working in a Person Centered Care framework.

# Valentine's Heart Health Workshop with Karyn Terrell



Join Karyn Terrell on Zoom as she leads a heart health workshop for the community. Karyn will discuss steps to maintain a strong and healthy heart. What participants can expect from this workshop:

- A simple overview of common heart diseases
- Steps and tips to maintain a healthy heart and lifestyle
- Tips to maintaining a healthy cholesterol level

**Date:** Friday February 12<sup>th</sup>, 2021

**Time:** 1:00 p.m. to 2:00 p.m

**Registration required**



**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



**MOSAIC**  
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## Mosaic Home Care Services & Community Resource Centres

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