

invites you to their 5th Annual



Galentine's
• DAY •
WORKSHOP

Friday, February 14, 2025 | 12 – 1 p.m.

Capital Health Medical Center – Hopewell | NJ PURE Conference Room

Please join us for a very informative Women's Heart Health Workshop led by Capital Health Wellness Center Manager Maria Fierszt, Cardiac Rehabilitation Nutritionist Corina Palagruto, and Manager for Outpatient Clinical Social Work Victoria Pena-Cardinali.

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.

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



CORINA PALAGRUTO is a registered dietitian for Cardiopulmonary Rehabilitation and Capital Health Wellness Center. Corina educates patients on ways to improve their heart health with sustainable and effective choices. Before joining Capital Health, she worked as a retail dietitian helping customers to navigate food choices and shopping options to reach their health goals. Corina will be discussing how to use a base, such as a leafy salad, to add in nutrient dense toppings like protein, whole grains and colorful produce.



VICTORIA PENA-CARDINALI is a licensed clinical social worker with more than 20 years of practice experience in clinical social work. She joined Capital Health in 2009 and currently serves as manager for Outpatient Clinical Social Work. Victoria's clinical interests include adult depression and anxiety related to stress, loss, life transitions, chronic illness, chronic pain and trauma. She also provides clinical supervision to other psychotherapy providers at Capital Health and is the clinical supervisor for second year masters-level social work students in behavioral health. Victoria will discuss the impact of mental health on heart health and will lead the group through an opening heart meditation.

For additional information about Capital Women in Philanthropy, please contact Heather Kearns-Latini at hkearnslatini@capitalhealth.org or 609.303.4346.