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News for Darien

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Darien Seniors: Reserve a Seat Soon for At Home in Darien's Annual Lunch with Speaker on Heart Disease

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Date : October 3, 2019

All Darien seniors are invited to attend At Home in Darien's Annual Luncheon on Tuesday, Oct. 22 at The Darien Community Association, where an expert on managing and preventing heart disease will speak.

The lunch is free but seats are limited and must be reserved by Oct. 11.

— *an announcement from* [At Home In Darien](#)

Dr. Mina Owlia, an expert in the management of complex coronary artery disease, heart failure, valvular disease and preventative cardiology.

She will present, "Heart Disease: Still the One," and will offer tips on how to minimize the risk of heart disease and improve one's quality of life by adopting healthy lifestyle habits.

"Everyone will enjoy a delicious meal and will leave with helpful information from Dr. Owlia who will share her expertise and advice," said Gina Blum, executive director of At Home In Darien.

If You're Going ...

- The lunch takes place from **11:30 a.m. to 1 p.m.** at the Darien Community Association, 274 Middlesex Road.
- The program is **free** for all Darien seniors. Free transportation to and from the luncheon is also available.
- **Please RSVP no later than Oct. 11** by calling 203.655.2227 or emailing info@athomeindarien.org.
- **Space is limited** at this popular event so please **respond early** to ensure a seat.

"We are delighted to cosponsor the event with the Darien Community Association again this year and to also have the generous sponsorship of Maplewood of Darien," Blum said.

At Home In Darien is a non-profit 501 (c) 3 organization whose mission is to help Darien seniors live independently, comfortably and with dignity in their own homes and the community as long as possible.

For information concerning services, please call 203.655.2227 or visit the [At Home in Darien website](#).

"We look forward to this luncheon every year," Blum said. "This year the event will be extra special as we will also be celebrating our 10th Anniversary."

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