



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEART HEALTH MONTH SERIES



**Every Tuesday Morning**  
**In February**  
**NSYMCA Lobby**

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, the Y is participating in American Heart Month with this weekly series.

## **Heart Healthy strategies that fit in your life!**

Stop in the lobby every Tuesday to learn some easy heart healthy tips. Try heart healthy foods, get new recipes, and more!

For more information contact:

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